The Crazy Wisdom Community Journal
Ann Arbor's Holistic Magazine

Free

Issue No. 41

JANUARY THROUGH APRIL 2009

(from left to right) Jennifer Giacomelli, Brain Cochell, Billie Wahlen, Kelly Kempter, Gillian Udrys, Eril Andes and Tohfa Khabir

Hands On Healing ~
Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

Carol Ways on What Your Doctor is Thinking About

Capturing Sunlight with Solar Power

Viruses, Fevers, and Colds, Oh My!

Questions for Mary Tillinghast of Castle Remedies and Drummer Lori Fithian • What's New in the Community • Free Calendar of Local Classes • and Other Articles

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RETREATS
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CLASSES

Bringing Balance To Your Life

2009 UPCOMING RETREATS, SEMINARS, CLASSES

MARCH 13, 14, 15 The Power of Relationship: The Quiet Revolution
AUTHENTIC, QUIET, TRANSFORMATIONAL

JUNE 13 Earth Connections: FGTC Once-A-Year Celebration
EXPLORE, TOUR, CELEBRATE

JUNE 27, 28 Stress-Free Living In A Busy World: The Expert Edition
EXPERIENCE, PRACTICE, TRANSCEND

JULY 25 26 Build, Grow And Play With Nature, An Experiential Nature Retreat
HANDS-ON GAMES AND PROJECTS

AUGUST 14,15, 16 The Dynamics Of Change In Our Everyday Lives
ADJUSTING, RELAXING, LIVING AUTHENTICALLY

SEPTEMBER 26, 27 Flavors To Savor: The Pleasure Of Food With Health At Its Base
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Talks by Traktung Rinpoche

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THE HEART OF AWARENESS

Discovering deathless bliss and perfect wisdom

Traktung Rinpoche, an American born master of Tantric Buddhism will speak on the essence, nature, and energy of Buddhahood and how it is discovered in the midst of appearance. Rinpoche embodies the purity and love of the highest wisdom realization and offers it in direct transmission.

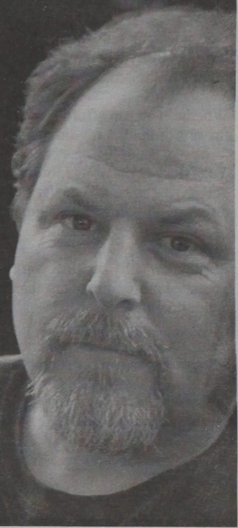
Thursday March 19th, Crazy Wisdom Community Room 7:30-8:30 pm

THE DAKINI'S PLAY:

Discover the communication of wisdom in everyday life.

Dakinis are the feminine power of Buddhahood. Their play arises in every moment as the possibility of discovering the fully enlightened state. Traktung Rinpoche will discuss practical methods of Tantric Buddhism which connect us to this wisdom and beauty

Thursday April 30th, Crazy Wisdom Community Room 7:30-8:30 pm



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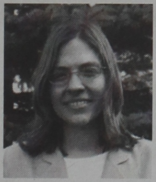

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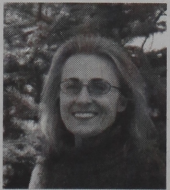

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The Crazy Wisdom Salon

February, March and April 2009

The Last Lecture Series

If you have only a few months to live, what wisdom would you want to impart to the world if you know it is your last chance? What has really mattered to you? What thoughts and feelings and insights do you most want to express?

Taking a page from the best-selling book, *The Last Lecture,* by Randy Pausch, we have asked three thoughtful and provocative Ann Arborites to "consider their demise and ruminate on what matters most to them."

Thursday, February 19th --- Max Heirich, U-M Sociology Professor Emeritus, Author, Quaker Activist, and Leader in Ann Arbor's Holistic Health Care Movement

Thursday, March 19th --- Kate Mehuron, Professor of History and Philosophy at Eastern Michigan University

Thursday, April 16th --- Bronwen Gates, PhD – Herbalist, Botanist, Indigenous Healer and Spiritual Counselor

All are welcome. Free. 7 PM in the Crazy Wisdom Tea Room
114 South Main Street, Ann Arbor, Michigan
734-665-2757 crazywisdom.net
For more information: bill@crazywisdom.net

What Your Family Medicine Doctor Is Thinking About When You Think He Is Not Listening To You

By Carol Ways, MD

Feeling sorry for being late or being behind and wondering if you're mad or in a hurry.

Whether he can get to every thing in 15-20 minutes on the list you have brought in.

Why does the AARP say to bring in a list without specifying a limit to the number of items?

Do some symptoms on the list correlate to others, as you have helpfully listed every past and present symptom related to the problem?

Whether you can afford gas and copay, to come back for the rest of the list we did not get to today.

Your story about your spouse's father having Alzheimer's, and having to be taken everywhere with you, and that he didn't mind going to get a pedicure with you. He got one, too.

Feeling empathy because you're crying, but knowing that you need more time to cry than was scheduled for your appointment.

Being aware that there's somebody else waiting to be seen with problems just as bad as yours.

Will your test be covered by your insurance or do you need a prior authorization.

Which form for x-ray and mammogram are required by your insurance.

Charting ROS, PE and history of present illness, and is it enough to support the billing code.

Did he order all the pertinent health maintenance necessary: colonoscopy, mammogram, labs, and why didn't the gastroenterologist notify you of the colonoscopy result? He should because he gets paid over $1000 for 20 minutes of work for that procedure.

Did you have your flu shot and do you exercise, and all the non-dramatic health measures that will save your life even though you don't think they will?

Why didn't you get your mammogram? Why didn't you get your colonoscopy?

He is musing over the patient who won't get a mammogram because she feels she's too fat.

Do your meds interact with any of your other meds?

Remembering to ask if you are having any side effects.

Does that prescription need to be for 30 days or 90 days and is there a generic available.

Do you need prescription refills, and what is your copay?

Wondering if you will take the medication…
And you say, oh, by the way. I'm having crushing substernal chest pain radiating down my left arm, at the very end of the visit, and do you need to worry about this doctor. And the doctor is thinking, you do need to worry about it and now I need to worry about it, and why didn't you tell me this in the beginning before you told me about your fungal toenails, because this might kill you but your toenails won't.

Did he remember to call the doctor in the ER about the patient we sent over this morning with the worst headache of her life?

He's thinking of are you really allergic to penicillin or was that rash a few months ago actually from poison ivy.

He is thinking about why you are complaining about the rectal exam when he is the one doing it.

###

Carol Ways, MD, MPH, has had a family medicine practice in Ann Arbor for 25 years. She completed four year training programs in Bioenergetics and Hands of Light, and also a three year training program in Kabbalistic healing. She uses that background in the service of a traditional medical practice.

Artwork by Terri Myers

The Crazy Wisdom Salon
January 15, 2009
7 PM in the Tea Room

Men's Lives and Stories

The winter season of the Salon series begins with an evocative evening devoted to *Men's Lives and Stories*.

Seven Men from Ann Arbor's Longest Running Men's Group (30 years!) will speak about what gets discussed in their men's group, and the role the group has played in their lives. Both men and women are welcome. There will be an opportunity for questions and conversation. The evening will also be an opportunity for interested men to consider whether they would like to be part of this long-running men's group, or to form a new one...

The speakers will be: Social Work Professor Emeritus Charles Garvin, Music Therapy Professor Michael McGuire, Philosophy Emeritus Professor Richard Gull, Social Workers Michael Andes, Jim Wilton and Cam Vozar, and Crazy Wisdom owner Bill Zirinsky.

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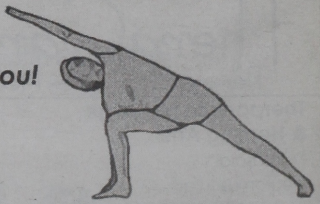

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The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

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Calendar Submissions:
The deadline for free calendar submissions for the May thru August 2009 issue is Wednesday, March 25

Ad Submissions:
The deadline for paid advertising is Wednesday, April 15

The issue will be distributed starting May 1. 5,500 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 65 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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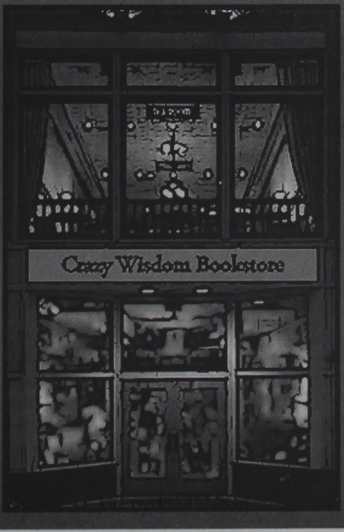

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Crazy Wisdom Bookstore was founded in 1982. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

There are two sections of this issue of the **Community Journal.** The first section is devoted to articles and other editorial features. The second section is mainly comprised of **The Crazy Wisdom Calendar** and related features. Advertising appears in both sections.

This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Front Cover Design: Carol Karr. Calendar Editor: Sarah Newland. Advertising Coordination: Carol Karr and Bill Zirinsky.

What's New Columnist: Jennifer Eberbach. Photography: Linda Lawson, Kris Doten. Artwork by Terri Myers and Sara Van Zandt. Writers: Sarah Newland, Rachel Pastiva, Judy Stone, Carol Ways, Bill Zirinsky. New Page Designs: Carol Karr. Advertising representatives: Bill Zirinsky, Carol Karr, Sarah Newland. The Crazy Wisdom Calendar, and some of the articles in this issue, is posted on our website as of January 5, 2009. Background Information on the Teachers, Practitioners, Workshop Leaders, and Centers listed in the Calendar are also posted on our website as of January 5, 2009.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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A Compelling Reason to Join our Email List

Last year, over **60** different spiritual, holistic, and psychological growth ***organizations and individuals*** used the **Crazy Wisdom Email List** to reach our over *3,500 self-selected subscribers*.

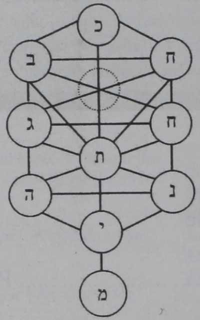
If you want to know what's going on in the wider body, mind and spirit community in the Ann Arbor region, ***sign up to get on our Email List***. Yes, it's true, you will get some emails from Crazy Wisdom about store events and happenings, but more importantly, you will be receiving emails, through us, from many organizations and centers and groups that sponsor the kinds of events, classes and programs that ***you care about***.

To subscribe, go to our website at www.crazywisdom.net. And to send out an Email to our Email List subscribers, you can contact our webmistress, Carol Karr, at: carol@crazywisom.net.

Kabbalah and Healing

Iris Markham

Kabbalistic Healer
Pathwork Helper/Teacher
Kabbalist - with a universal (non-dual) perspective



Kabbalah is a set of ancient teachings based in mystical Judaism. They offer a way to understand the meaning of duality - our humanness. *"Kabbalah"* means to receive . . . that is, receive all the gifts of Life - so that we can give and fulfill our lives.

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Brenda Morgan, PhD

Brenda has gone through a spiritual change in which her direct perception and experience of Reality has been permanently transformed. This transformation has been called many things in the history of our planet, but the core of all descriptions of it includes the awareness that everything arises from a Mystery, the Unknown and Infinite Feeling that all is One. Her transformation brings deeper perceptions of reality and a broader vision of life and service to the earth and humanity.

For exploration on the Internet:
www.movedbythelight.com
www.fgtcsanctuary.org
www.myspace.com/brendablueowl
brendamorganevents@hotmail.com

EVENING MEDITATION & DIALOGUE FOR THE GENERAL PUBLIC

with Brenda Morgan, PhD

Jan. 8th, Feb. 12th, Mar. 12th
7- 8:15pm

Held at: Friends Meetinghouse
1420 Hill St. Ann Arbor, MI
Love Offering: $15

This evening is set aside for those who are drawn to and/or wish to explore their connection with someone who has gone through a spiritual transformation. Others may come on a more regular basis, continuing to deepen their understanding of life and evolution, intensifying the ability to Respond while remaining active in the world. During these events, what Brenda shares arises from the intuitive and evolutionary needs of those who attend.

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Imagine what it would be like to live your life with peace, joy and creative abundance, no matter what is happening in your life.... I know you've experienced this; usually when things are going well, right? But what about the times when things weren't going so well? Did you still feel the peace and joy? Have you wondered if it's possible to feel content when times are rough? I'm sure you have because I did. After years of study and practice, the **Creating an Intentional Life** coaching program was born. It was created from the desire to take control and make life happen with conscious intent instead of living on the treadmill of fear, worry and discontent.

Curious but still skeptical? Read what clients have said..."I am now down a path I wouldn't have imagined before our work together Thank you!" Sandy D. "With Jillian's support & the program, I've taken control over my life & I've manifested my dreams!" Richard S. **Would you like to experience the same**? To know more, contact **Jillian Kerry at 734-395-4999, jilliankerry@gmail.com or visit www.jilliankerry.com.**

What's New in the Community

By Jen Eberbach

This ongoing column features upcoming events within our Ann Arbor/Ypsilanti and surrounding areas' Mind-Body-Spirit communities, new (during the past year) practitioners and holistic businesses, as well as new offerings by established practitioners and holistic businesses.

Ann Arbor-based eco-friendly travel company, Journeys International, has been taking adventurous souls to exotic locales for 30 years. (Read about them on page 9.)

NEW PRACTITIONERS and NEW BUSINESSES

Organic Bliss offers natural and organic products for beauty, personal care, and everyday living. Owner Melissa Bryant hopes that the store will provide "people looking to change to an organic lifestyle, or people already living an organic lifestyle" with natural, toxic-free products that are not tested on animals. "I want this to be a place where people can come and not have to worry or even read a product's label, because they know that everything that I have in here has already been researched. It's the purest products I could find," Melissa said.

Conscious consumers will find a wide variety of organic, natural, eco-friendly products, including bath and body supplies, spa items, clothing, home and kitchen items, and baby products. Melissa researches each product extensively, by looking at ingredients and company practices, as well as assuring that the packaging is safe for the environment. She lamented that many people are unaware of the large number of organic, natural products that exist on the market today, and is enthusiastic about sharing the products that she carries with others.

Before setting up shop, Melissa utilized her finance background working in the mortgage industry. However, she explained that her dream has been to move into the retail business. "I knew that I wanted a change and that I wanted to be a part of the local Ann Arbor retail business community. I just needed a product." It was during her own transition into an organic, natural lifestyle that brought Melissa's answer. She reported, "Personally, I started doing more reading about natural products and shifting my focus about what was important to me. I got interested in the whole industry that way."

She quickly became acquainted with how difficult and time consuming finding organic and natural products can be. "It's intimidating and overwhelming. You don't know which products are good and which ones aren't," she said, elaborating that many of the popular stores that carry organic products also carry non-organic products. Conscious consumers often have to spend a lot of time researching products and companies, and reading labels to find products that meet their personal, ethical standards. She also spoke about the hassle of searching numerous stores to fill your cabinets with the products you want, which leads many people to turn to the internet. "I wanted to take that out and do the work for them," Melissa said, enthusiastically adding "the store brings it all together in one place."

Melissa decided to open Organic Bliss on the summer's Solstice. When asked if the date had personal significance, she replied, "My store has been something that has been wanting to come out for a while. For me this is not just a store, it's moving into a new lifestyle." She explained, for this reason, she "wanted to do it on a special day." She has long taken an interest in metaphysics and spirituality, and she noted that the day represented the idea of "transition." For Melissa, opening the store constituted "something new being born."

In the long-term future, Melissa wants to host events at the store that teach people about organic living and natural products. She would also like to continue to develop her product line to meet the needs of the Ann Arbor community. Organic Bliss is located at 225 East Liberty Street. For more information about Organic Bliss, visit online, at www.organicblissproducts.org. You may phone the shop at (734) 761-3047, call toll free at (866) 663-1970, or email contact@organicblissproducts.org.

Beth Chen recently started a new Life Coaching business in order to help people make difficult life decisions and examine their thoughts and beliefs. Beth counsels people who are making major life changes, seeking to change negative behaviors and beliefs, or looking for help with a wide variety of personal concerns. Beth conducts sessions with clients over the phone, which is standard practice in the world of life coaching, however she is happy to meet with her clients face-to-face. She has found that "sometimes people are less self-conscious over the phone than they might be face-to-face," she said, adding "they feel more comfortable opening up that way." Beth holds a B.A. in psychology, from the University of Michigan, and a law degree, from Columbia, and she worked as a lawyer in Washington, DC and New York City for years before pursuing a career in life coaching. She is currently receiving on-going training from life coach, columnist, and author Martha Beck.

Beth Chen

According to Beth, many people hold themselves back from reaching personal fulfillment, by holding onto "negative, unexamined thoughts." She elaborated that these thoughts are unconscious, and people are commonly unaware that they exist. "They don't always know what the thought is," she said. "When someone has a deep, down negative belief, it affects many aspects of their life," she said, adding that even though we may not be consciously aware of our beliefs, "we set about in our lives to make those thoughts true, because we like to be right. We like to prove our beliefs."

Her life coaching aims at "bringing thoughts and beliefs out into the open, and asking 'is this a thought that is servicing you and your goals or not?' If the answer is no, we work on changing that." During sessions, Beth utilizes tools and specific techniques that she has learned during the course of her studies. She explained that during an initial session with a new client, she likes to begin by "identifying the area of least satisfaction in their life." Once she has a good grasp of her client's concerns, she utilizes exercises that will benefit the particular needs of the individual, including visualizations. She explained that "a lot of what life coaching is about is working on people's thought processes."

Although Beth counsels clients dealing with all types of issues, she says that she is finding a niche with "people who are looking to downsize their career." "Maybe they are stepping off a busy professional track and looking for a simpler, saner lifestyle," she said. Beth made this transition herself when she shifted from law to life coaching. "Having

Continued on page 8

What's New in the Community

Continued from page 7

a job that was so ill-suited to my essential nature took a large toll on my life, and motivated me to simplify my life," she said, elaborating, "I could tell it wasn't fulfilling me on a deep level." She realized that her true calling involved "relating to people, understanding them, and helping them improve their lives," she said. However, her decision to make the transition to life coaching was not an easy choice. "It is very scary to let go of everything you know, but I hope I can be that person to say it's all going to be ok and here's how you make the decision of whether it's right for you," Beth said. You may contact Beth Chen by phone, at (734) 255-0847, or email beth@inner-evolution.com. Her website, http://inner-evolution.com, will be up and running shortly.

Parent Coach Kathi Waters is starting a new business, Listen to the Children, and offering several new classes on the parent-child relationship. Her work will commence upon her completion of a certification program through the Academy for Coaching Parents International, in January 2009. "The model of coaching I follow is one of empowerment; it is based on the belief that we are all creative, resourceful, and whole," she explained. Kathi has worked as a residential counselor in an adolescent group home, a therapist in an adolescent residential center, a school counselor, and a Play Therapist.

Through participatory self-reflection, Kathi helps parents "formulate a vision" for parenting that is based on their "ideals," she said. It is easy for parents to get off track "because day to day reality sets in and we get so mired down that we lose touch with our ideals," according to Kathi. She hopes that her coaching sessions and classes will "encourage parents to examine what relationship they want and the hopes that they have for their children," as well as "what things they don't want," she said. For example, Kathi suggested that many parent-

Kathi Waters

child relationships are "disconnected," due to the "awesome responsibility that parents feel to teach their children right from wrong, because we think of them as a reflection of us." Parents who rely too heavily on their role as "authority," or "disciplinarian" can "weaken the connection they have with their children," she said.

Kathi will hold two new parenting classes in the Crazy Wisdom Community Room. "Healing the Feeling Child," will be held on Saturday, January 17th, from 1 – 3 pm. She will also lead a seven week "Connection Parenting" workshop series, entitled "Meeting the Needs of Children," on each Thursday between January 29th and March 12th, from 7 – 9 pm, except for one week in February when the class will be held on Wednesday, February 25th. Her "Connection Parenting" workshops follow the model that Kathi's trainer Pam Leo writes about in her book Connection Parenting. For more information about Kathi Waters and Listen to the Children, visit online, at www.listen2children.com. You may contact her by phone, at (517) 522-3057, or email, at listen2children@gmail.com.

Marie Slottow opened a new Reconnective Healing™ practice, Good Vibrations Healing Practice, out of the Theracare Therapeutic Massage and Healing Arts Center. She received certification by attending founder Dr. Eric Pearl's seminars, which teach practitioners his unique energy work method of aligning a person's individual energy with the magnetic grid of the earth. Marie graduated with a degree in Economics from the University of Washington and competed as a scholarship athlete for the UW Women's Gymnastics Team. "I wouldn't have predicted my life's work would be as a healing practitioner," however "due to challenging life circumstances, I began a journey that led me to the book, The Reconnection, by Dr. Eric Peal, and felt a compelling need to learn more," she said.

Marie offers Reconnective Healing ™ sessions, which focus on particular problems, ailments, and health issues. She explained that the technique does not cure diseases, and it is not meant to replace medicine or psychology, however by "balancing a client's energy mentally, emotionally, and spiritually, it really helps with working through issues." Marie also performs The Reconnection™, a two-part session meant to be a long-lasting axiotonal alignment, which helps us "evolve and align with the changing vibration of the earth," she explained. "People who had a personal Reconnection™ tend to experience an increased frequency of synchronistic occurrences affirming that they are on their intended path," according to Marie.

In the future, Marie is planning on getting certified in Dr. Pearl's new "Reconnective Kids™" workshop, which will be open to kids age 4 – 14. The workshop is designed to be a 4-day seminar in 2 ½ hour sessions that teaches kids through interactive play. The Theracare Therapeutic Massage and Healing Arts Center is located at 2350 Washtenaw Avenue. You may contact Marie Slottow by phone, at (734) 546-6594.

Mara Bell Mancini-Lander started a new Intuitive Guidance business, and she is offering new, on-going classes on "Conscious Parenting" that meet on the first Tuesday of each month, from 7-9 pm, at the Body-Mind-Spirit Wellness Center on South State Street. Her interest in parenthood began with her "personal journey becoming a mother." She explained that having her two girls "opened me up to intuitive awareness," and she experienced a "greater sense of wisdom." During her pregnancy, she became "concerned about how the mind, body, and spirit changes during pregnancy," she said. Although

Mara Bell Mancini-Lander

pregnancy opened her up in positive ways, she also became aware that "pregnancy also opens you to collective fears and anxieties," and "can be a really shocking transition for new mothers," she claimed.

Each class session includes a grounding exercise, guided meditation, lecture and discussion sessions, and a final meditation. A central theme in Mara-Bell's approach to parenting is developing an awareness of the archetypes we chose to live. Her interest in the cultural symbols we utilize to make sense of the world is based in her academic background in Folklore Studies. She believes that "life can be viewed from a symbolic perspective," and that "we engage archetypes everyday." According the Mara-Bell we utilize archetypes, as they apply to our lives and circumstances. Although these can be beneficial tools to deal with life's challenges, Mara Bell claimed, "we aren't supposed to be only one archetype. People can get trapped in certain patterns of behavior."

She hopes that her classes will help women "look consciously at conflicts with their children and collective fears," and "create a community of women like those our ancestors have had," she said, adding that "we don't have that same community today." "Parenthood and pregnancy is a really vulnerable time for women," she said, adding, too often "we feel like we have to do it alone." To find out more about Mara Bell Mancini-Lander and the classes she is offering, visit her online, at www.expandingconsciousness.net. You may contact her by phone, at (734) 417-3143, or email info@expandingconsciousness.net.

Jeannie Ballew opened a new energy healing business this summer, *Chi Time with Jeannie*. After suffering from health issues, Jeannie took an interest in alternative medicine and energy work. In 2001, she began studying Reiki and pursued her Level III certification with Reiki Master Ray Golden. She has trained with and been a long-time client of Energy Medicine Master Barbara Scholz. "I started on this path to help heal myself and others, more so than as a career," she said, explaining that, for years "I wasn't practicing for money, but rather as a love offering." However, she said that many of the people

that she worked on encouraged her to pursue energy work professionally.

Jeannie Ballew

Jeannie teaches her clients a daily, five-minute Energy Medicine routine that is meant to "strengthen your immune system and increase your overall stamina." She stressed that "it teaches people how to treat themselves," Jeannie has used the routine herself in order to "focus on physical issues," and claimed that it made a real difference for her. After practicing the routine, she reported that people noticed a change in her. "It comes through in my daily life," she said.
She also offers Reiki and Energy Clearing sessions for clients seeking assistance to "keep their energy field in a natural pattern and to feel better," she said. Jeannie prepares for her sessions with meditation in order to be "in a grounded, clear space," that allows her "to be present" with her clients. Jeannie's own health and wellness continues to benefit from her energy work. "I think of my lifestyle as preventative medicine," she said, reporting that during her sessions with clients, "I benefit from the energy coming through me, because it's universal medicine." You may contact Jeannie Ballew, by phone, at (734) 994-6663, or email, at jmballew@provide.net.

NEW OFFERINGS BY ESTABLISHED BUSINESSES and PRACTITIONERS

Ann Arbor-based sustainable travel agency Journeys International is offering new holistic and eco-friendly trips. They are also developing a collaborative project with Global Volunteerism to encourage travelers to give back to the communities they visit. Journeys International was founded by Will and Joan Weber over 30 years ago in order to provide eco-conscious, sustainable travel options that are respectful of the environment, culture, and economy of local communities all over the world. Will Weber explained that sustainable tourism "is not about no impact, but to have a positive impact on the cultures and environments that we visit as tourists," he said. He notes that Journeys accomplishes this by working with local businesses owners who have "good ecological principles," and by paying attention to "how managers treat staff," as well as by choosing "activities that are non-consumptive," minimize travelers' carbon footprint, and avoid draining the local community of its resources.

Will indicated that one of the most rewarding experiences that Journeys travelers report is that "people didn't expect to meet such nice people," whether they are the local guides, people from the local communities they visit, and other travelers. He explained that one of Journeys' most important goals is to encourage interpersonal relationships between travelers and local populations. According to Will, the trips allow travelers to "get to know people on a personal and insightful level." He hopes that the trips encourage people to approach the places they visit, "in an appreciative way," and "not as an escape," he said.

Journeys offers a wide range of travel opportunities to locations all over the world, including many remote places that tourists do not usually visit. Travelers can choose to go on pre-scheduled group tours or work with Journeys to create custom trips. Will explained that Journeys travelers tend to be "adventurists," who are willing to forego luxury and amenities in order to have a unique cultural experience. He highlighted a trip to Nicaragua that Journeys is currently developing. The trip will have travelers visiting small, fair trade coffee farms. Will explained that many Latin American coffee farms are making the transition to sustainable production, and that he is "trying to support that process," he said.

Journeys also recently began offering new holistic treks to Nepal, including "The Himalayan Yoga and Meditation Trek," which first commenced last October. This 12-day tour visited Buddhist and Hindu sites, temples, and rural communities, and gives participants many opportunities to do yoga and meditation sessions with local priests and monks. Will and Joan first met in Nepal, when Will was working for the Peace Corp and Joan was volunteering. "The Peace Corp experience for me was a very awakening and profound three years of my life," Will said. "Journeys presented itself as a way to recapture those feelings and create good, rewarding personal relationships." Journeys offers numerous different trips to Nepal and encourages travelers to visit anytime of year; however it is diligent to consider that the area experiences its monsoon season from late June to early September. Journeys encourages travelers to give back to local communities, and they are currently developing a collaborative relationship with Global Volunteers International, a service program that runs short-term volunteer projects in the United States and abroad. The collaboration will provide opportunities for people to travel with the purpose of volunteering. Will explained that Journeys creates relationships with local communities through volunteering, and supports relief efforts during trying times and natural disasters. "The concept of a long-term relationship is another thing that we try to build, so that during good times and bad you can help each other out. It's like a friendship," Will said. He hopes that by volunteering on a short-term basis, people will get a "taste of the experience."

To find out more about Journeys International, visit online, at www.journeys.travel/ . You may contact their Ann Arbor office, by phone at (734) 665-4407, or call their toll free number, at (800) 255-8735. Email Journeys at info@journeys.travel, or stop by their office at 107 Aprill Drive, Suite 3.

Hypnotherapist Mary Jane Bricka performed a Past Life Regression (PLR) session on me at A Wakening Within, the Ypsilanti-based energy work and hypnotherapy business that she recently opened with her husband Jim Ross. I met Mary Jane in a past life, although I am referring to my teenage years, when I was her 8th grade history student at Slauson Middle School. After teaching and working as a principal for the Ann Arbor Public School for decades, Mary Jane decided to retire and focus her attention on growing a holistic business with her husband. A Wakening Within offers hypnotherapy and past life regressions, as well as Reiki, reflexology, the Emotional Freedom Technique (EFT) and other healing modalities. Mary Jane was trained at Sylvia Brown's school, and Jim is a certified traditional USUI Reiki Ryoho II practitioner.

I approached the past life regression session and the idea of past lives without any specific expectations. I had no idea what it would feel like to be hypnotized, or if I would be hypnotized at all. The couple explained that many of Mary Jane's new clients come to her very curious and unsure about what the experience will be like. Jim has

Journeys International

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What's New in the Community

Continued from page 9

been hypnotized by Mary Jane and compared hypnosis and past life regression to a "state where you are half awake and half asleep. You are sort of in a dream world, but you know where you are, you know if you are lying in bed," he said. Mary Jane wanted to reassure me as a newbie that during hypnosis "your mind, your spirit mind, will never take you to a place you aren't ready for. It always keeps you safe."

By leading a client into a state of deep relaxation, Mary Jane is able communicate with their subconscious mind in order to help them raise their self-esteem, stop smoking, manage their weight, and deal with a wide range of personal burdens. On the other hand, Past Life Regression utilizes hypnosis as a tool that accesses the subconscious mind, but it is also "remembering," she said, reporting that "in order to access past lives we need to put the conscious mind aside and let the subconscious mind take over, because that is where we store all of our memories." Mary Jane believes "some issues don't get resolved, both personal issues and issues with other people. When a soul incarnates in a body, it brings with it the memory of all of those unresolved issues," she said.

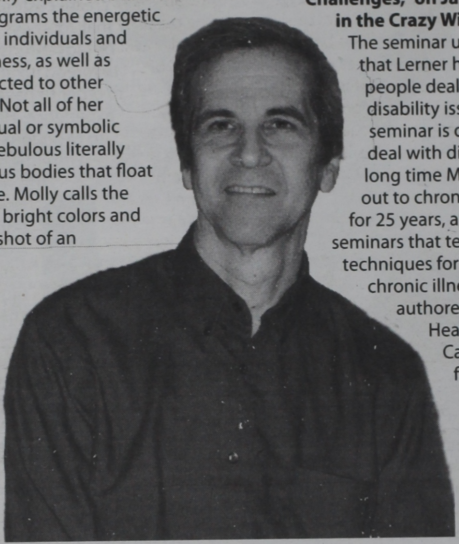
After a thorough introduction, I felt prepared to lie down on the lounge chair, close my eyes, and explore my past lives. Mary Jane began with a guided relaxation and visualization that settled me into a state of hypnosis. Once I was completely relaxed, she suggested that I imagine walking into a past life scenario. Then she asked me a series of questions in order to determine who I was, where I was, who I was with, and what I was doing. At the end of the session we talked about the messages I thought I was sending to myself in order to determine if there were any patterns. Under hypnosis, I felt very present and a relatively awake, however I was able to conjure quite vivid imagery of three potential past lives. My first had me living in Mongolia sometime before the reign of Genghis Khan. This experience was particularly interesting to me, because after I went home I started researching Mongolian history to find that many of the details that I saw were historically accurate.

A Wakening Within is located at 61 North Huron Street, in Ypsilanti. To find out more about Mary Jane Bricka and Jim Ross or to book an appointment online, visit http://www.a-wakening-within.com. Contact Mary Jane by phone, at (734) 717-7098, or email mjbricka@comcast.net. Contact Jim by phone, at (734) 657-3066, or email jimross1@comcast.net

Clairvoyant Intuitive Healer and Teacher Molly Indura is painting artworks that record her "energetic rememberings." They are currently on display at her Healing Temple and she plans to pursue exhibition opportunities. Her artistic process follows the direction of her spirit guides, as she chooses shapes, colors, textures, and artistic materials. She rarely knows what she is going to paint before she starts. "I just listen to my guides, and trust that," she said. I had a chance to visit with Molly and view her artworks. I was struck by the vibrant colors and metallic tones that she utilizes in many of her works. Each painting is unique, however Molly pointed out that several symbols and shapes reoccur in multiple paintings.

Some artworks image symbols from particular spiritual traditions, exemplified by Molly's recent work, Tree of Life, which depicts the ten aspects of the Divine Personality from early western mystery schools like Qabalah. Other paintings diagram energetic relationships, such as can be seen in As Above, So Below. In this work, many small orbs huddle together within two larger orbs, which are connected by a single, broad brushstroke. Molly identified the small orbs as "the spirits of many individuals." Molly explained that she believes the work diagrams the energetic relationship between individuals and collection consciousness, as well as how we are all connected to other spiritual dimensions. Not all of her works are as conceptual or symbolic as these examples. Nebulous literally represents the gaseous bodies that float around in outer space. Molly calls the interlaced patches of bright colors and cloudy forms "a snapshot of an actual cosmic body."

Molly owns Be the Light and provides a wide variety of intuitive services and healing modalities. To find out more about Molly Indura and her business, visit online, at www.bethelight.org. For information about viewing or purchasing her artworks, email her at mollyannindura@hotmail.com.



Marc Lerner

Martial Arts Instructor and Life Coach Keith Copeland has created a 4 DVD home study course, entitled "Elements for Success." The home study course includes footage of a 10-hour seminar Copeland taught on the topic of personal change. The DVD materials are supplemented by worksheets containing exercises that are designed to help people identify aspects of their personality, determine their strengths and weakness, better relate to others, and create positive results in their lives. He is also planning to develop the course in the future to include seven week teleconferences and "mastermind groups," which will allow participants to work on the material together.

Keith's material is based on eastern philosophy's approach to the characteristics of the four elements; earth, wind, water, and fire. He explained that his personality profile model is based upon his belief that every individual exhibits each of the four elements in their personality. However, each of us is stronger in particular elements. According to Keith, we are commonly held back from reaching our full potential, because of "self-imposed limitations," as well as "patterns" of thoughts and behaviors. By "reflecting on how our thoughts influence our behaviors" and how, in turn, "our behaviors and actions produce results," Keith's home study course aims to be "a vehicle for self-actualization," he said.

Keith Copeland's "Elements of Success" will be available at Crazy Wisdom and through the Quest Center for Martial Arts, where Keith teaches To-Shi Do. He is also offering one of the DVDs for sale separately, which introduces the elements in a more concise fashion. Contact Keith Copeland through the Quest Center, which is located at 2111 Packard Street, Suite E. Visit the Center online, at http://www.quest-martialarts.com. You may contact the Center by phone, at (734) 332-1800, or email questcenter@sbcglobal.net.

UPCOMING EVENTS

Marc Lerner will lead a seminar with therapist Michael Andes, entitled "Practical Harmonizing – Effective Tools for Handling Major Life Challenges," on January 21st, from 7 – 9pm, in the Crazy Wisdom Community Room. The seminar utilizes "inner technology" that Lerner has developed to help people dealing with chronic illness and disability issues. He explained that the seminar is designed "to help everyone deal with difficult times." Marc, who is a long time MS patient, has been reaching out to chronically ill and disabled people for 25 years, and leads month-long tele-seminars that teach life skills and practical techniques for people living with disease, chronic illness, and disabilities. He also authored an e-book, "I Found a Healthy Way to Be Sick and So Can You," which is available for download on his website, http://lifeskillsinc.com.

Marc organizes his seminars around practical techniques that are meant for people to practice in their daily lives and manage difficult circumstances. These techniques include exercises for accessing "a positive self-image," establishing "self-trust," working with the breath, and looking at the mind as a "bio-computer." He explained, "The purpose of my seminar, in a way, is to change habits," especially "mental habits and thought patterns." By giving people the tools they need to deal with their hardships, he "helps them face their challenges from a conscious confidence," he said. Marc spoke at length about the differences between surface level consciousness, which he terms "the thinking mind," and what he calls the "Wisdom of the Body." He explained that "whenever we face a challenge, we deal with it from our intellects and our personality," aspects of our thinking minds, "but when you face a health crisis you need to tap an inner wisdom. You need to go beyond intellect and personality." While "the thinking mind" is superficial, "The Wisdom of the Body goes beyond thinking," and is better prepared to deal with trying or extreme situations, according to Marc.

Marc's MS has brought him many hardships, but he looks at his illness from a positive perspective. "It forced me to go beyond thinking," he said. Marc, who has worked with numerous Vietnam War combat veterans, related his experience of "going beyond thinking" to the experience a soldier feels when their life is in danger. Marc explained, "their life was more important than any thought in their body." He elaborated that "when you go to that level, it's like being in the zone, it's being in the moment," adding, "when a person faces a life threatening illness, they are forced to that depth." Although an individual may be facing incredible challenges, "it's those spiritual moments that give you incredible ability to do something," he said.

In order to give me a sense of the work he does, Marc walked me through one of the exercises he teaches that helps people "get in touch with positive and negative self-image." He began by explaining, "Every time you think, you think to your self image. If you have a positive self-image, you get positive responses. When you have a negative self image, you get negative responses." He began the exercise by asking me to think of a goal and

then to "let it slip into the background." Then he asked me to think of the worst experience I've ever had, name it, and characterize it in two words. With the memory of my worst experience floating in my mind, Marc told me to "give a creative nickname to that character." Then we repeated the process for the best experience I have ever had. At the end of the exercise, I was left thinking about my two nicknamed characters, which Marc identified as my negative self image and my positive self image. "There are ways that I teach people how to create conscious habits, so that you can trigger" you positive self, Marc said. For example, he suggested that every night before bed and each morning I should put a finger on my pulse and affirm that I am my positive self image. He explained that the technique is a useful tool to use whenever I find myself dwelling in my negative self image. You may contact Marc through his business, Life Skills, Inc, by phone at (310) 399-6829, or email marclerner@lifeskillsinc.com

Susan Boyes, LPC

Art Therapist Susan Boyes, LPC, will offer a workshop, entitled "Drawing on Power," on February 22nd, beginning at 1 pm in the Crazy Wisdom Community Room. The workshop "will connect Shamanic and Art Therapy themes as an exploration of personal power, identifying power animals and places of power," Susan wrote. She reported, "Incorporating Shamanic Healing practices, we will use creative arts methods to access unique personal strengths." Susan will introduce participants to Shamanic ideas, as well as discuss neuroscience, and "how art and the brain operate." She will lead participants through an "experiential exercise," which will have them making art with materials that she will provide, as well as doing "guided visualizations" that relate to the workshop's themes.

Before completing an M.A. in Art Therapy at Southwestern College, in Santa Fe, NM, Susan studied Shamanic healing at the Foundation for Shamanic Studies, under the guidance of director Sandra Ingerman. Although she offers Shamanic healing, Susan keeps this work completely separate from her art therapy practice. "When I'm hired as an art therapist, I'm not hired as a Shaman," she clarified. However, the "Drawing on Power" workshop is "a way to combine the two things I love, healing in other dimensions and art," she said. Although the workshop utilizes Art Therapy, Susan stressed, "it's not consulting or Art Therapy. It's an art workshop about personal power."

Susan is the founder of the Center for Creative Growth, where she provides Art Therapy consulting services to people dealing with a variety of physical and emotional issues. She works with people suffering from psychological issues, like anxiety and depression, as well as physical issues, which is exemplified by the work she does with Traumatic Brain Injury patients in order to activate their cognitive and motor functions. She is also very interested in neuroscience and the relationship between the left and right hemispheres of the brain, and she incorporates her knowledge of the subject into her approach to art therapy.

Art therapy "is not about being an artist," nor does she see purpose in "interpreting someone's art." Instead she asks her client's about the "personal meaning" of symbols, colors, and other details contained in the art they make. Some of Susan's Art Therapy clients choose not to talk about their art at all. "You don't have to confront it. Sometimes the very act of drawing it is enough," she said, adding that a client's art can operate like a "third party in the room that takes pressure off of them." Susan said that as a graduate student, "I did a piece of art that was really important to me," in class one day, "but I never had a chance to talk about it, so I didn't have the benefit of someone asking me questions or processing it." However, she believes that she benefited from the exercise. "It was kind of a message or code to myself that I didn't even know I was sending," she said. According to Susan, "doing art is healing in itself. I think art is kind of magic that way." During her workshop, she will direct participants to discuss their art with the group, however she stressed that there will be no pressure to talk. According to Susan, participants who opt out of discussing their work will still benefit from the activity. For more information about Susan Boyes and the Center for Creative Growth, visit online, at www.centerforcreativegrowth.com. You may call the Center, at (734)478-2394, or email Susan at susan@centerforcreativegrowth.com

The new Body, Mind, Spirit (BMS) Center, located in Lambertville, MI, will host the 1st Annual Toledo Body, Mind, Spirit (BMS) Festival, on April 4th and 5th, at the Lucas Country Recreation Center in Maumee, Ohio. The BMS Center provides services and classes to people with life threatening illnesses, including hypnotherapy, Reiki, sound therapy, and transformational healing sessions. Certified Hypnotherapist, Reiki practitioner, and meditation facilitator Gordon Harris opened the non-profit center, after having a near-death experience in the summer of 2008. His personal story, "My Awakening," is available online, at www.bodymindspiritcenter.info/My_Awakening.html

The 1st Annual BMS Festival will "provide an outlet for those individuals ready to eradicate stress and dis-eases and start living a happy, healthier, fulfilled life," according to the BMS Center. The festival will feature free lectures and classes, well-known keynote speakers, authors, and over 150 exhibitors from all over the nation. Keynote speakers will include CBS Psychic Radio host Kimmie Rose Zapf, SomaEnergetics President and Developer David Hulse, and speaker and author Ken Harsh. Festival participants include a diverse array of holistic and alternative practitioners and businesses, and healthy product and services. There will also be products such as jewelry, artwork, and books, to name a few. The festival welcomes to you bring the entire family and will provide special arts and crafts activities for the kids.

The Lucas County Recreation Center is located on 2910 Key Street, in Maumee, Ohio. Admission is only $3.00 per person and children under 13 get in free. For more information on the BMS Festival, as well as Gordon Harris and the Body, Mind, Spirit Center, visit www.bodymindspiritcenter.info, or contact the Center by phone, at (734) 274-2840, or email contactgordon@aol.com.

The Michigan Organic Food and Farms Alliance (MOFFA) will host its annual conference, entitled "Local Organic Food: Sustainable Prosperity for Michigan," on Friday, March 5, from 7:30 – 9:30 pm and Saturday, March 6, from 8:30 am – 6pm, and 8 – 10 pm, at the Kellogg Center on the campus of MSU. MOFFA is a non-profit organization, which was founded in 1992 "to create more public awareness about the nature of industrialized food supply and its environmental and social hazards," according to their mission statement. The organization offers membership services, which are utilized by many farmers, food coops, educators, environmentalists, food businesses, and activists. MOFFA services the community by educating the public and advocating for organic food and farming.
The conference will feature keynote speakers, sessions and break out groups on local organic consumer education and activism, organic production, and organic marketing, an organic film festival, and a post conference organic music event. Michael Philips of Lost Nation Organic Orchard will contribute a speech, as well as another local organic food personality, to be determined. Online registration and additional details will be available on the Michigan Organic Food and Farm Alliance's website, www.MOFFA.org, after January 1st, 2009. The website will contain all of the information you will need to join the event. Contact the organization by phone, at (248) 262-6826, or email moffaorganic@yahoo.com

Social worker Tanis Allen, ACSW, is offering a new workshop series, entitled "Trusting Our Guts – Body Image, Eating Issues and Parts of Ourselves," which explores the eating-related and body image issues that many people experience in our culture. Tanis explained that "parts of ourselves" exist "that may contain particularly extreme beliefs that manifest in a variety of ways." The workshop series will discuss how we "manage these burdens" with behaviors like "compulsive or emotional eating, restricting or minimizing our physical needs and desires for nurturing and pleasure in our lives, and using food to numb ourselves."

Tanis teaches the Internal Family Systems (SM) or "parts of Self" model of psychotherapy, an internationally-utilized model developed by Dr. Richard Schwartz, Ph.D. She completed advanced Level 2 Internal Family Systems (SM) training, in 2007, and uses this model extensively in her psychotherapy practice. She works with clients who are "struggling with eating issues, depression, anxiety, grief issues, and relationship concerns." She has found Dr. Schwartz's model to be "an approach to treatment and personal growth, which is non-pathologizing, highly collaborative and respectful of the client's internal system."

The first session in the workshop series will take place on January 25th, from 2 – 5 pm in the Crazy Wisdom Community Room. Tanis said that it will highlight "the discovery of personal resources and insights," and focus on "issues of self-trust and 'gut knowing' that are so often denied as a result of the anxiety, shame and loathing that many of us feel in relation to our bodies." Additional workshops in the series will be announced.

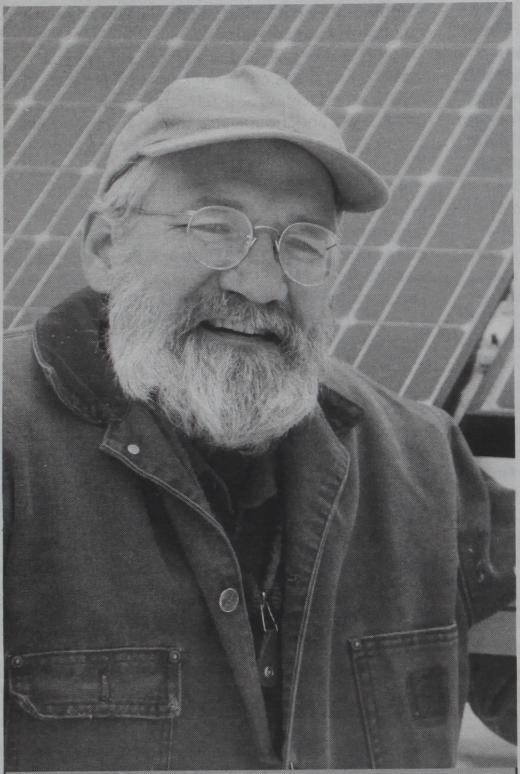
Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue.

If you would like to submit information to be considered for this column, please e-mail Jen Eberbach at communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (May to August 2009) is March 1, 2009.

Green Living

Capturing Sunlight

By Rachel Pastiva



One Person Can Make a Difference - Dave Strenski has been busy bringing solar power to Ypsilanti.

Most people don't know that a movement is being constructed in Ypsilanti. A movement that not only promises a brighter future, but also relies on "brightness" for its success. In Ypsilanti, solar power is generating a lot of interest as a viable renewable energy source, and a man by the name of Dave Strenski is the one sparking the city's interest.

"I consider myself more a geek than an environmentalist," says Dave, an Application Analyst for Cray Inc. "I like this stuff because it's really interesting from a technical point of view." With a Bachelor of Science in Land Surveying and Civil Engineering and a Master of Science in Mechanical Engineering, Dave's point of view isn't surprising. What his interest in solar power has created is.

Dave's curiosity in solar power began in 2004 when Ypsilanti Food Cooperative Manager Corinne Sikorski approached him about installing solar panels on the Cooperative's roof. Through research, he discovered a Community Energy Projects Grant through the State of Michigan. The grant, designed to promote green building technologies, awards up to $6,000 towards renewable energy technology for non-profit organizations, schools and government agencies. Although neither Dave nor Corinne had ever written a grant before, they compiled and submitted what turned out to be a winning proposal. This would fund the building materials to place four solar panels on the roof.

While working strictly as a volunteer, Dave became increasingly inspired as he acquainted himself with the process of installing solar panels. With the help of a solar contractor in Ann Arbor, he learned about the cost and efficiency of varying forms of solar power. He also researched the availability of supplies in the state of Michigan and was surprised and excited to discover thirty renewable energy contractors throughout the state, and a major solar panel manufacturer in Auburn Hills, Uni-Solar. With over $18 billion leaving Michigan each year to import coal, oil and natural gas, it is easy to understand how solar power is an investment in our state economy as well as the environment. "If we could make our own power within the state, it would be like injecting $18 billion into the economy every year. Forget about everything else! That's a good enough reason to do it for me."

Solar panels are not only great for the environment, they're also easy to install. Even though an electrician was hired to oversee the project, Dave was able to do most of the wiring himself. With the help of Blue Way, from Blue Sky Carpentry, and another volunteer, he installed the panels in under three hours. "That's what has surprised me more than anything else—it was fairly simple to do."

One of the requirements of the grant was to educate people about renewable energies, so Dave created an informative hour-long solar power presentation about photovoltaic energy. In it, he included his experience installing solar panels, as well as their cost, pros and cons. Soon after he began giving the presentation, he was approached by Jason Bing of Recycle Ann Arbor's Environmental House. Through Jason's work, grant monies are available to organizations who promote green building technologies. For every person Dave gives his solar panel presentation to, Jason is able to give the Cooperative ten dollars towards more solar power technology. Currently, Dave Strenski and Cooperative volunteer Adam Chase have given the presentation over forty times to more then a thousand people, traveling to schools, universities, organizations, and any other interested groups.

Through Dave and Adam's volunteer work, the Cooperative has earned enough money to install a fifth panel as well as net-metering. Net-metering is a billing process with DTE Energy that allows the Cooperative to sell or "bank" excess power during the day and buy it back at a later time. Dave worked with DTE to install digital utility meters that have a customer interface so the Cooperative can read the meters directly with a computer and post the information on a website. The website, www.solar.ypsi.com, is still under construction.

The presentations also inspired a new idea. Often returning to Ypsilanti after a presentation, Dave stops at the intersection of Huron and Michigan Avenue, right next to City Hall. Now versed in solar panel technology, he recognized its south-facing wall as a perfect place to capture sunlight with solar panels. Dave immediately made an appointment with the mayor to discuss the possibility of turning the idea into reality.

Due to City Hall's designation as a historic building, the mayor required Dave to get approval from the Historic District Commission (HDC). This became a yearlong project of planning, permits, and formal meetings. Meanwhile, interested citizens wrote letters to the HDC and appeared at meetings to show their support of the project. When the HDC required a structural engineer to draft an installation plan that would cost up to $3,800, a friend of the project, Richard Murphy, built a website for donations. Interested individuals raised $1,000 towards the City Hall solar panel project.

It was during this time that Jason Bing again approached Dave to suggest another grant through the Michigan Department of Labor and Economic Growth. Dave and Corinne compiled and submitted a new proposal for over $35,000 to add seven more panels to the Cooperative and fund twelve for City Hall. Within weeks of sending the proposal, Jason suggested yet another grant. Without knowing the outcome of their first proposal, they wrote a second one for installing panels on the Cooperative's bakery. They were astonished to be awarded both. "I think we're winning these grants because we have zero labor costs, so basically all we're asking for is money for the materials."

Because more demand leads to better technology at lower prices, solar panels might be capturing sunlight on rooftops around Ypsilanti sooner than we might think. "That's why I'm doing this; I want everybody to do it. I want everybody to put up systems… I'm just a handyman and I did it. So I think people can do it."

With a portion of the $80,000 of grant monies awarded to the Ypsilanti Food Cooperative, and with the money raised by the public, Dave was able to hire a structural engineer for the City Hall project, and the Historic District Commission approved the project. By the summer of 2009, twelve panels will be placed on the back of City Hall. Seven additional panels will be added to the Cooperative's roof.

The remaining grant will go towards the installation of thirty panels on River Street Bakery, owned and operated by the Ypsilanti Food Cooperative. Combined with the wood burning oven used to bake its bread, the thirty panels will complete the bakery's goal to operate on 100% renewable energy.

"Solar power is the way of the future," Dave says confidently. Through the Ypsilanti Food Cooperative demonstration and the forthcoming solar panels on City Hall, Dave hopes to illustrate the accessibility of solar power and generate greater demand for the technology. Because more demand leads to better technology at lower prices, solar panels might be capturing sunlight on rooftops around Ypsilanti sooner than we might think. "That's why I'm doing this; I want everybody to do it. I want everybody to put up systems… I'm just a handyman and I did it. So I think people can do it."

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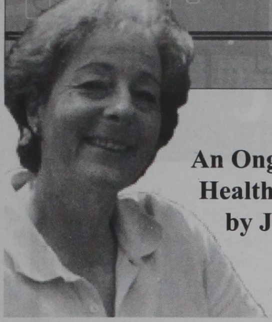
Contact the Ypsilanti Food Coop at 734-483-1520 or send an email to Dave@Strenski.com to schedule a solar power presentation for your group.

Sustainable Health



An Ongoing Health Column by Judy Stone

Viruses, Fevers, and Colds, Oh My!

It's "cold and flu season" again and I've just finished perusing one of the many, "tips and tricks" articles, a seasonal media ritual. And the reality is, that many people, maybe you included, are getting taken down for weeks at a time. What is it that creates immunity? Why do some people get sick repeatedly, while others seem to make it through unscathed? Is it really necessary to get a flu shot, or wash your hands after every potentially cootie transferring incident (PCTI)? Isn't our body designed to fight off infection and resist all those germs?

In 2003, New York Times columnist Lisa Sanders, MD, wrote, "A decade ago, I stood alongside my 99 fellow freshmen as we were welcomed into the ranks of medicine in a 'white coat ceremony.' Here, on our first day of med school, we were presented with the short white coats that proclaimed us part of the mystery and the discipline of medicine. During that ceremony, the dean said something that was repeated throughout my education: half of what we teach you here is wrong -- unfortunately, we don't know which half." The human body is incredible and complex, but to me, one of the really interesting puzzles is how much about the body was known long before we had what is today's pharmaceutical and surgical based medicine. We seem to have lost our way, abandoning simple, natural, solutions in favor of more heroic efforts. Sometimes we need heroic, but in the case of flu, colds, and many other bacteria and viruses such as Salmonella, E-Coli, Epstein Barr, Herpes Symplex, and even Human Pappiloma Virus, what we can often rely on is an injection of knowledge that has been around for awhile.

I got my "flu shot" recently when I had the pleasure of listening to a recording I'd heard several years earlier, and was reminded of some of the basics of immune health as put forth by the late Dr. Royal Lee in the mid-1900's. Dr. Lee was extraordinary. Trained as a dentist, he was also a man who had an unquenchable desire to understand the critical role of nutrition in human health. Many of his ideas were rejected and fought against by the medical establishment at the time, but have since been validated by medical research, and the experience of legions of holistic health practitioners who have studied his work.

Dr. Lee suggested that the "triad" of Ionized Calcium, "Vitamin F", and Vitamin C Complex are the nutritional elements that make it possible for the body's immune system to mobilize the power to knock out flu, viruses, bacterium, and their associated diseases. First, let's define the triad. Ionized calcium or calcium bicarbonate is a form of calcium that can diffuse into cells. Although 99% of the calcium in your body is in your bones or teeth, the 1% that's not is extremely important, as we'll see shortly. The only natural source of calcium bicarbonate (outside of your body converting it from either food sources, or supplemental calcium lactate or calcium citrate) is mineralized hard water. Calcium lactate is also readily available from *raw* milk when the calcium combines with naturally occurring lactic acid (which is killed in pasteurization, ironically, because it would provide the immunity against the very things we're pasteurizing to prevent).

So what about protecting yourself from colds, flu's, and viruses? Here are the salient nutrition points. Eat lots of dietary calcium, which you can get readily from foods like kale, collards, broccoli, turnip greens, Swiss chard, spinach, kiwi fruit, oranges, yogurt, kefir, and many other places.

Vitamin "F" is what we now refer to as essential fats. Vitamin C Complex is perhaps not what you think it is. The FDA has ruled that the only thing that can be labeled or sold as Vitamin C, is ascorbic acid, which commercially is made from sulfuric acid and corn syrup. Vitamin C Complex in nature, what you find in broccoli or an orange, is a complex structure containing many factors that work synergistically. Ascorbic acid is an outer coating of C Complex, and is thought to serve as an anti-oxidant for the entire complex. In our body, ascorbic acid can act as an anti-oxidant, but is incomplete and cannot produce the numerous other essential functions of C complex.

So now, let's get back to our cootie-fighting mission. Although Dr. Lee was often treated as a quack in his time, the truth of his work shows up time and time again in journal-published medical studies. Many studies from about the eighties on, some conducted in Detroit hospitals, demonstrate a high correlation between decreased blood calcium levels and acute illness, infections, poor prognoses, and higher mortality in hospitalized patients. Higher blood calcium levels likewise correlated with better outcomes in both adults and children who were critically ill.

How does this all work? Although many of us connect taking Vitamin C (which more often than not is ascorbic acid) for a cold, we don't typically think of calcium or fatty acids as being involved with the immune system. How Royal Lee knew this back in 1958 remains a mystery. But our current understanding of the role of calcium in immunity was enhanced by research done at U of M's Kellogg Eye Center (published in 2003). High speed imaging techniques revealed that it is in fact a "cloud" of calcium surrounding cooties in the cell that issues a "call-to-arms" for the warriors of the immune system to attack. How cool is that? Without sufficient levels of calcium bicarbonate, or ionizable calcium in the tissue, immunity is compromised and viruses and bacteria of all kinds have the opportunity to flourish. Not only did the aforementioned hospital studies show this but a study published in 1993 in the journal *Gastroenterology* showed that high doses of calcium inhibits the growth of e.Coli in the gut, virtually eliminating the diarrhea caused by it. Sounds like a winner for traveling, as well as at home.

Natural Vitamin C complex contains Tyrosinase, an enzyme that gives added muscle to the white blood cells that play an essential role in our immune response. Fatty acids help change calcium into its immune super-hero, bicarbonate form, and transport it from the blood into the cells. So we have the Triad—calcium, Vitamin C complex, and fatty acids---as major players in immunity.

Calcium, Fatty Acids (or Vitamin F) and Vitamin C complex are all things we can get from food, but there are many reasons most people don't get enough of these essential nutrients. Inadequate diets and mineral-deficient foods are two obvious ones. But there are others. Calcium requires enough stomach acid to be absorbed and many people secrete less acid as they age, not because it's a "normal" part of aging, but it is common. Taking acid-blocking medications or over-the-counter remedies both inhibit calcium absorption. Calcium also needs Vitamin D to be transported from the gut to the blood, so it can be picked up by Vitamin F and taken to the tissues, but D deficiency, particularly in the dark days of winter in Michigan, is probably the rule rather than the exception. Vitamin D is manufactured in the body when sun hits the skin.

Since Vitamin D levels decrease with the darkness of winter, also coinciding with cold and flu season, most people in this climate will do best to supplement with Vitamin D3

But all things in moderation. It looks like too much D from long sun exposure can actually make you more susceptible to viruses. Data gathered about Herpes Simplex and Human Pappiloma Viruses demonstrate that incidences of both increase dramatically in summer when time in the sun can be higher for many people. Researchers suspect that the overexposure decreases immunity and that makes sense because too much D will actually pull calcium out of the cells back into the blood, and is consistent with the observation that calcium in the tissues plays an important role in decreasing viral and bacterial illness in general.

So what about protecting yourself from colds, flu's, and viruses? Here are the salient nutrition points. Eat lots of dietary calcium, which you can get readily from foods like kale, collards, broccoli, turnip greens, Swiss chard, spinach, kiwi fruit, oranges, yogurt, kefir, and many other places. Don't forget you need stomach acid to absorb calcium so if you take acid blocking preparations this is a concern because you're at higher risk for calcium deficiency. For everyone else, supplementing with Calcium lactate or citrate can be very beneficial, especially if sick.

Your body requires adequate Vitamin D to pull calcium from the gut to the blood. Since Vitamin D levels decrease with the darkness of winter, also coinciding with cold and flu season, most people in this climate will do best to supplement with Vitamin D_3 (not synthetic Vitamin D_2). If you want to know your Vitamin D level, the correct blood test to check it is called "25 Hydroxy D". Levels for *optimal* function (rather than disease avoidance) based on current research are thought to be 50-65 ng/ml.

A diet or supplements giving you regular amounts of essential Vitamin F—salmon, mackerel, mercury-free fish oil, organic butter—will ionize and pull calcium into the cells where it will sound the immune alarm. And C *complex* from whole foods or supplements will give muscle to those immune cells.

I find it pretty humbling and exciting to keep learning just how much what we eat matters, and how proactive we can be in sustaining our health by understanding and observing the laws of nature.

###

Ann Arbor Holistic Resource Guide

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was created by Crazy Wisdom to provide information about the terrific array of Practitioners and Teachers in the fields of Integrative and Alternative Medicine, Holistic Health, Spiritual and Psychological Growth and more... practicing in and around the Ann Arbor area.

Go to:
www.annarborholistic.com

Poetry Page

To submit poetry to be published in the next issue of the Crazy Wisdom Community Journal, *email to sarah@crazywisdom.net in text format (no attachments) by March 15, 2009.*

First Snow

by Michael Abramsky

The soot has stained the snow
It always does.
Each year I find the same.
The sky opens
a pillow of white
comforts freezing ground
In the long ago
overwhelmed by
nascent purity, I would know
its stay
In my twilight,
it melts too quickly.
The ministry of snow
A murky screen.
Powerless I watch
it stain
as it moves
From white to grey
A harbinger of night?
A welcoming of day?
Each time a springtime
lottery's demur
Is this my final
Winter's home?
Or just a prelude, to
another season's auger

Nascent

by Liz Sterling

A new beginning,
emergent blossoming,
coming forth,
a foray into being.

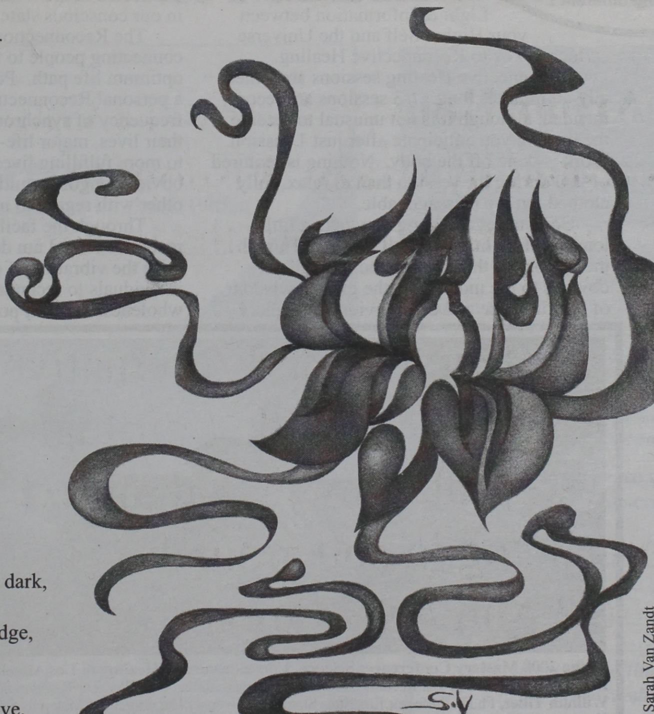
No beginning,
no end,
not new, not old.

Undefined, realigned,
becoming awareness,
the ever present breath that extols life,
and invites,
the breather,
to be.

Open Arms

by Harley King

God and I were
jogging one spring
morning when
she came upon
a homeless man
sleeping under
a maple tree. God
stopped and left
His business card
and a hundred
dollar bill. I could
not help but smile.
"What good is
the money?" I said.
"He will simply
drink himself to
death." "Then I
will welcome him
with open arms
in heaven." God replied.



Artwork by Sarah Van Zandt

Prayer for Blessing (In honor of our nation's election of Barack Obama)

by Michael Andes

May we all,
after wandering so long in the dark,
gnarled jungle
find ourselves at the water's edge,
to drink and be refreshed,
to look at the rising sun,
to listen to the lost songs of love,
to stand together
in the silence that emerges
from our true hearts
in their longing
to receive the unadorned blessings
that Life itself
is always hungry to convey.

Night Journeys

by Judey Henretty

When night descends I loose
The bonds corporeal
And slowly slipping, slide
My thoughts and spirit aerial
Ascend to places high.

While my body static
Sleeps peacefully at rest
My mind and essence whirl
Pushing limits to the test
Earth's ties unfurl.

When finally morning beckons
And slowly I make my way
Returning, my mind sighs
To wear again the shell of day
Now with starlight in my eyes.

Healing With the New Frequencies

THE RECONNECTION™
RECONNECTIVE HEALING®

Marie Slottow
Reconnective Healing Practitioner® &
Facilitator of personal Reconnections
Good Vibrations Healing Practice, Ann Arbor

By appointment only: (734) 546-6594
email: ree.slottow@gmail.com

A Shift is happening. We are now living in a world where critical mass has been reached. Our collective level of conscious awareness has been raised. At this new level of consciousness we have been given a new level of healing through the arrival of the new frequencies utilized in Reconnective Healing® and The Reconnection®.

These new frequencies go beyond the universal life force spectrum of energy that has existed on our planet for hundreds of years. These 'reconnective' frequencies are an all inclusive spectrum of Energy, Light & Information. Scientific research identifies them as frequencies of a new bandwidth never before seen on Earth's plane. Unlike energy healing frequencies which tend to get weaker as the practitioner steps further away from the patient, reconnective frequencies *intensify* with distance.

The existence of the reconnective frequencies and their ability to bring about healings has been undeniably substantiated in practice, as well as laboratory experiments. Science, however, is still trying to understand the biological processes for *how* it works. It remains an unsolved mystery, but there are clues. Research in sciences such as Quantum Physics, Biophysics and Human Genetics is confirming that our DNA is a mini-biocomputer that processes information, both emitted and received, in the form of biophotons or *light*. Could it be at the DNA level that the reconnective frequencies are able to change cancer cells into normal cells, or enable paralyzed or frozen muscle tissue to return to its normal function? While science continues to develop an understanding for the mechanics of the process, the healings continue.

There are two applications for the reconnective frequencies. They are 1) Reconnective Healing and 2) The Reconnection or 'personal' Reconnections.

Reconnective Healing involves communication at a super-conscious level between yourself and the universal intelligence via the reconnective frequencies. Your inner wisdom and the wisdom of the universe will know what type of healing is appropriate for you at this time in your life experience. Any healing that is appropriate will manifest itself.

The practitioner is not the one doing the healing. Besides acting as a conduit for the frequencies, the practitioner functions as a sort of tuning fork. Let me explain. Remember walkie-talkies? You couldn't hear or communicate with the person on the other walkie-talkie unless both walkie-talkies were tuned to the same audio frequency. For Reconnective Healing, let's say you have one walkie-talkie and the universal intelligence has the other walkie-talkie. For clear communication, both walkie-talkies need to be on the same "vibrational" frequency. In this scenario, one vibrational frequency is higher than the other. Can you guess which one? Each of us has our own unique "signature" vibration. The universal intelligence vibrates at a higher frequency than the average human being's signature vibration. Communication is still possible, but it may be fuzzy, full of static, or even sluggish like a "dial-up" internet connection. When the practitioner introduces the high vibrational frequencies of Reconnective Healing into the energy field surrounding your body, it provides a sort of tuning fork for your body to tune to. Through the process of entrainment, your body's lower vibrational frequency will rise to come in harmony with the higher reconnective frequencies. Your divine nature will resonate with the higher frequencies allowing for a clear and efficient flow of Light & Information between your Higher Self and the Universe which is key to Reconnective Healing.

Is Reconnective Healing Right for You?

Reconnective Healing heals on many levels, emotional, mental, spiritual and physical. Maybe you sense some sort of imbalance or you've repeatedly tried the same traditional treatments for pain, discomforts, disease or an illness that just doesn't seem to want to go away. Maybe you've exhausted many avenues offered by modern medicine to no avail and want to try something new and different. Reconnective Healing is something new and different'!

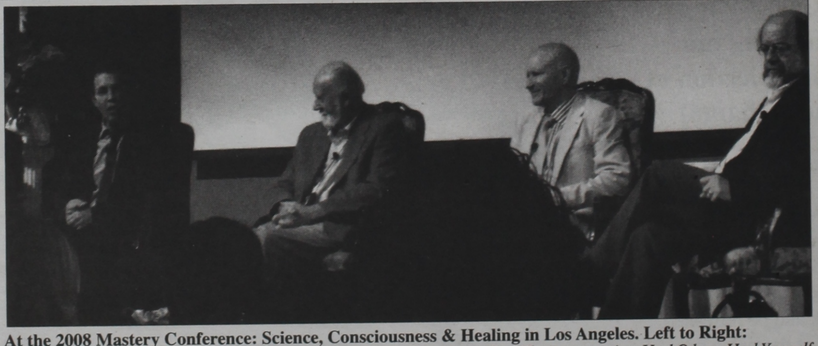
Reconnective Healing sessions are generally 30 minutes long. 1-3 sessions are recommended, although it is not unusual to receive the healing you anticipate after just 1 session. Work is done off the body. Nothing is required of you during the session than to relax, fully clothed, on the massage table.

Sometimes a healing may take a little longer before making itself known. Though the reason for this may not be immediately obvious to the individual, the greater wisdom of the Universe and the individual's higher self, are privy to that information and provide what is most beneficial for the individual to experience. There are cases in which people instantly receive the specific healing they came for and discover they also received other healings they hadn't even thought to ask for. With Reconnective Healing, it is recommended you let go of any specific expectations. Instead, allow yourself to be open to whatever gifts the Universe has specially in mind for you.

The Reconnection focuses on healing at an evolutionary level, while Reconnective Healing focuses on healing at levels such as physical, mental, emotional and spiritual. The Reconnection is two 45-60 minute sessions completed over two consecutive days. It is only performed once in a person's life. Using the reconnective frequencies, The Reconnection is the process of reconnecting the body's gridlines to the gridlines of the planet and the universe, a connection that we, as human beings once had, but lost during the course of our human history. Restoring this connection means returning to our originally intended wholeness, and once again being connected to the wisdom of the universe while in our conscious state.

The Reconnection has the effect of connecting people to their life purpose and optimum life path. People who have had a personal Reconnection report increased frequency of synchronistic occurrences in their lives, major life-changing events leading to more fulfilling lives, as well as, receiving obvious ongoing guidance in one form or another with regard to important life decisions.

Through the facilitation of personal reconnections, I am dedicated to helping raise the vibration of our planet by assisting individuals to reconnect with their intended wholeness and full potential as human beings.



At the 2008 Mastery Conference: Science, Consciousness & Healing in Los Angeles. Left to Right:
Eric Pearl, Founder of The Reconnection, author of international bestseller, *The Reconnection, Heal Others, Heal Yourself;*
William Tiller, Ph.D., Professor Emeritus, Stanford University Department of Materials Science and Engineering;
Konstantin Korotkov, Ph.D., Professor of Physics, St. Petersburg State Technical University, Russia;
Gary Schwartz, Ph.D., Professor of Psychology & Psychiatry, Harvard, Yale & University of Arizona, Professor of Medicine, Neurology & Surgery, University of Arizona

In 1993, patients of Dr. Eric Pearl, a highly successful chiropractor in Los Angeles, began reporting miraculous healings from cancers, AIDs-related diseases, cerebral palsy, birth disfigurements and other chronic illnesses. This was the beginning of the healing phenomena that is known today as Reconnective Healing and The Reconnection. In his book, *The Reconnection, Heal Others, Heal Yourself*, Dr. Pearl describes his life story and the events that led him to eventually teach and spread this work to more than 60 countries as of 2008. Reconnective Healing and The Reconnection continues to attract interest from top scientists from hospitals and universities worldwide.

For more information on The Reconnection and Reconnective Healing, please visit the home of The Reconnection on the web at:
www.TheReconnection.com

Good Vibrations H.P. makes no claims, promises or guarantees of specific healings for specific health issues or conditions. GVHP does not diagnose diseases/conditions or require the client to make any changes to any prescribed medications given by his/her personal physician/s. Clients are responsible for discussing all medication and health concerns with their physician.

Music Reviews

NEW MUSIC at Crazy Wisdom

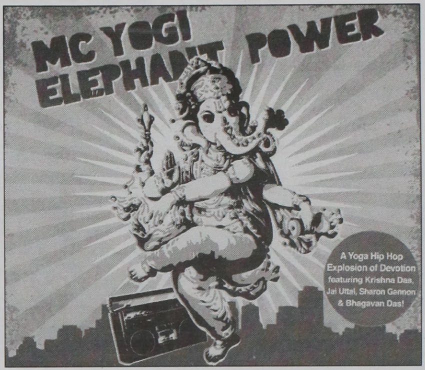
Love Holding Love cd
by Wah!

On this unusual new recording by Wah!, Sanskrit chants meet smooth jazz and pop beats. Such diverse elements meld together in the service of Love. Whether she is singing to the divine using Sanskrit mantra, or to her lover through English lyrics, Wah! gives vocal expression to love in all its guises. Her smooth, hypnotic voice is a compelling thread tying together the musical variety of this recording. But the compositions defy preconceived notions of how a traditional chant recording might sound. It diverges from typical rhythms and beats associated with chant. Reggae and pop appear, as do other contemporary Western musical genres, helping to lend a borderless quality to this fascinating release. Shelved with Chant music. $16.98

Heart Full of Soul cd
by Krishna Das

The beloved voice of Krishna Das! His deep and rich baritone, great musicianship, and entertaining sense of humor have inspired crowds of thousands across the country to join together in singing praises to the divine. Heart Full of Soul is a double cd of one of these live call-and-response performances, complete with a cast of superlative musicians on guitar, violin, tabla, and other percussive instruments. The enlivened audience adds to the inspirational effect of the recording, leaving you with an energized, uplifted, heart-warmed feeling. Shelved with Krishna Das music. $17.98

Elephant Power cd
by MC Yogi



What happens when you combine yoga with hip hop? In the hands of recording artist MC Yogi, you get a first-of-its kind new record mixing the energy, beats, and vocal stylings of rap music with traditional Indian instruments, kirtan-style chanting, and yoga-inspired lyrics. With 14 original tracks celebrating Indian mythology and spirituality, MC Yogi's genre-bending debut cd offers a devotional hip hop experience. Hip hope style break beats, tables and turntables, sitars and samples form the backdrop to MC Yogi's rhymes. An impressive guest life of artists include Jai Uttal, Krishna Das, Bhagavan Das, and Sharon Gannon. "MC Yogi channels the ancient devotional spirit of India in a completely original way with love, respect, humor, and joy." ~Krishna Das Shelved with Chant music. $16.98

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Hands On Healing ~

Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

(from left to right)
Tohfa Khabir, Jennifer Giacomelli, Brain Cochell, Kelly Kempter, Eril Andes, Billie Wahlen and Gillian Udrys

Interviews by Bill Zirinsky
Photography by Linda Lawson

This alternative Mecca of ours, Ann Arbor, is bountiful when it comes to healers and holistic practitioners! And in the domain of hands-on bodywork and healing, we have so many seasoned massage therapists who have the gift of touch. So many of the very experienced and highly respected massage therapists have expansive repertoires which integrate a variety of complementary modalities: Rolfing and Hellerwork, craniosacral and polarity therapies, Lomi and Trager, Reiki and Touch for Health, Feldenkrais and Alexander Technique, Bioenergetics and Hands of Light, reflexology and shiatsu, Lomi and transformational breathwork… and that's not even the half of it!

Many hands-on bodyworkers and healers (though by no means all of them) begin their practices with a firm grounding in a massage therapy program. Ann Arbor is home to the Ann Arbor Institute of Massage Therapy, one of the state's finest training programs. Irene's Myomassology Institute, in Southfield, has also capably trained scores of healers-to-be.

The Crazy Wisdom Community Journal has tended to focus its interviews and profiles on already established and recognized personalities in the Ann Arbor area --- spiritual teachers, well-known holistic doctors who bring integrative approaches to their practices, and leading thinkers in the body/mind/spirit fields. In this issue, we have instead focused on seven young and skilled massage therapists: Kelly Kempter, Gillian Udrys, Billie Wahlen, Tohfa Khabir, Eril Andes, Brĩan Cochell, and Jennifer Giacomelli.

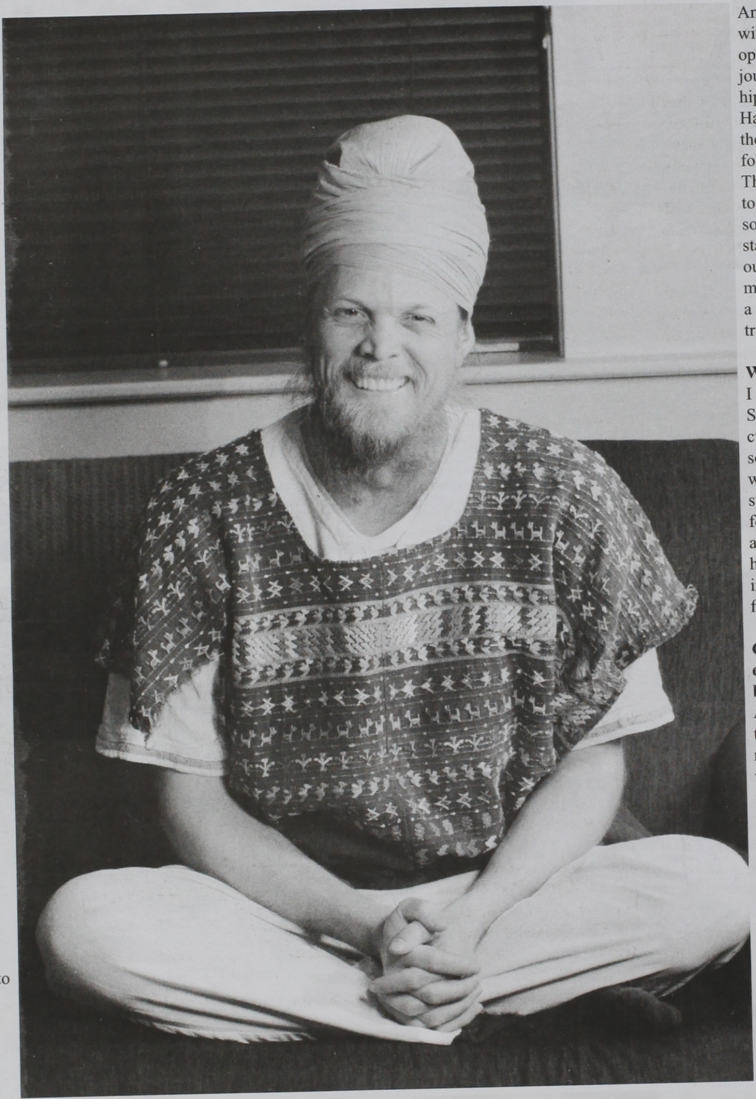
Each of the seven people we interviewed is under the age of 40, and each one was recommended to us, as someone who is naturally talented, and poised to grow further. We spoke to a variety of well-established massage teachers and healers in the area, as part of our search for an interesting group of young practitioners to interview. Certainly, there are dozens of other up-and-coming bodyworkers and healers whom we could have interviewed, and we hope that as time goes on, many of them will also become known to our readers.

There are many interesting facets to the interviews that follow. What does it mean to be naturally kinesthetic? How did they find their ways to hands-on work? What do they love about their work? Do they aspire to be "healers" and what does it mean to be a "healer"? The interviews begin on page 20.

Hands On Healing ~ Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

Questions for Billie Wahlen

Raised in Buffalo, and the grandson of a preacher, Billie Wahlen, age 35, has been on a long and winding road to get to his current massage and bodywork practice at the Parkway Center. His massage training was at Irene's Myomassology Institute in Southfield. He is also a skilled herbalist, and has one daughter.



Why do you call your practice "healing thru awareness"?
I have found that people are mostly unaware of their selves, their bodies and their imbalances. When receiving bodywork people become more aware of their bodies and it is through this awareness that they can start to heal. You can't fix what you don't know is broken? Right? People come to me with pain and issues like "It hurts right here, (pointing to shoulder), can you fix it?" During their treatment I find that their low back is pulling especially tight and their hip is twisted. By working on the low back and hip often the shoulder can relax, for example, and people experience relief. During my practice I help people become more aware. When one is more aware, life is better.

Over the years, I have noticed that oftentimes you wear a turban. Why?
To keep my hair up. It's really long. Although I have enjoyed the spiritual implications of wearing a turban. Oftentimes, people will bow to me as I walk down the street. Without the turban I usually get asked for cigarettes or spare change. It also helps me remember to be gentle.

I always wanted to grow my hair as a kid, although my Mom wouldn't let me. So when I moved away from home I decided to try and grow it. It would get to a length that was pulling, or hot on my neck, and I'd get frustrated and chop it. Then I met the teachings of Yogi Bhajan. He said, "keep your hair, it'll give you spiritual strength, keep it tied on top of your head, it works as an antenna, and you want the energy it pulls in to be received by the crown chakra, (energy center). When tied up with cotton cloth the person's energy is focused, and pressure points on the head are stimulated that help with clarity of thought, mental acuteness and happiness." He even showed us a biblical reference to wearing cotton around our heads. I tried it and liked it. Sometimes it's like having no hair with it tied up.

> During my practice I help people become more aware. When one is more aware, life is better.

You told me you were raised in Buffalo? Tell us about that, please.
Yea, I lived in the same house for 18 years with my mom and dad, two older brothers, and my Grandpa who came over everyday to cook and take care of things for us kids. The town was Williamsville, near Niagara Falls, a suburb. My mom was a high school English teacher for 34 years, and my dad a computer engineer for Fisher Price for his last 10 years of employment.

I was an athlete and a leader. I swam for most of my childhood competitively and was the captain of the swim team. I played soccer and ran long distances cross-country in high school. I ended my athletic epic with running a marathon in Washington DC just before college.

And your grandfather was a Baptist preacher?
Yea, my Grandpa, I was named after him (William). He was a very sweet and gentle man. Strongly devoted to his spiritual beliefs and to serving others. He was there everyday to make us breakfast, pack our lunches and send us off to school. He would have dinner on the table for us all at 5:30 every evening so we could eat as a family. Then he would go home to his wife and make dinner for her. For many years he served us that way. I have to say he wasn't the one who turned me off to the Church. He died when I was 17, at the age of 82.

At what age did you begin going to Grateful Dead concerts, and what influence did they have on you?
My first Grateful Dead show was at Darien Lake Amusement park when I was 14, with my brothers… Bob Dylan was opening. It was the beginning of a journey into sacred sound, music, hippie life, and girls who didn't shave. Ha. I also learned to dance. I followed the band and the traveling circus that followed them to over a hundred shows. The music and dancing opened me up to spiritual experiences. I learned that sound can really elevate one to higher states of awareness and to experience our divine self. I was there for the music, not the drugs. The band gave me a way out of society and a way out of the trappings of religion.

Where did you go to college?
I tried to study medicine at Michigan State University. I realized that the current allopathic medical model was something I didn't believe in, so I didn't want to invest my time or energy into studying it. I began to learn and search for teachings on holistic medicine, ancient healing practices, the use of herbs, and esoteric healing methods. So in 1992 I had to leave the University to find it.

Can you walk us through your own evolutionary process, leading you to become a healer?
As a kid growing up I always wanted to become a doctor. My mom would remind us what we were going to be when we grew up, and I was the doctor in the family. I was always wanting to take care of everyone, including reaching out to the homeless and the less fortunate. I didn't know what it meant to be a doctor and certainly didn't know what field of medicine I was going to practice. I just knew (or thought) that doctors helped people, right? A perspective of an innocent young boy and I wanted to do that.

I didn't study anything related in high school -- just sports, dating, the Grateful Dead, and parties. So I choose a University that was large enough to offer me many options in the field of medicine and being a doctor, as well as being away from New York State, but within a day's driving distance to come home to visit my parents. MSU here I come, oh, plus I had a girlfriend that I wanted to follow to college and she went to U of M. Never saw her again though.

During my meetings with an adviser at MSU, I was told I had to take a couple of years of un-related classes that had nothing to do with medicine, Anatomy, Cadavers, doctors, nutrition, etc. I was given a classification called "no preference student." After one very lame first trimester, I found that partying on campus was more fun than going to classes and much more educational. The second trimester I got into an environmental science class that was really cool. My professor could sing the calls of the birds and he took us around to learn the names of plants and trees, look for insects and cool patterns. My love of plants started.

I also took a class called *American Radical Thought and Literature*. This blew me away! To name a couple of reasons: I learned about the history of Marijuana, its positive use in health care and its ability to be a renewable resource for oil, paper and fuel, and, of course, its suppression.

I begged my advisor to give me a medical class. I was about to throw in the towel on "higher education" although I was pressured by my parents to stay in school. I was unsatisfied with not learning how I was going to fit into our current health care system. I was placed in a senior's medical ethics course that became the straw that broke the camel's back. They told me how I couldn't call my patients by first name, how they were just a number, they explained how I had to cut my patients off if they talked about anything besides their symptoms, like things that mattered to them, including grief, emotional challenges or relationship issues. I was then to match their symptoms to a chart provided to me by the Big Pharma and prescribe them the correct drug. I was scared of the pharmaceutical industry and definitely did not want to work for them.

> I realized that the current allopathic medical model was something I didn't believe in, so I didn't want to invest my time or energy into studying it. I began to learn and search for teachings on holistic medicine, ancient healing practices, the use of herbs, and esoteric healing methods.

It became clear to me through studying the history of our country's health care system how I was going to become a middleman to the patients and the drugs, and that I needed to go to another country to study real healing methods… I needed to go back 100 years to learn real healing methods. How was I going to do that?

I began my journey...

I dropped everything I had known. Gave away my belongings, got in my car and drove west to "discover" real, true, healing. I learned a lot on that journey of 3 years wandering, about Native American use of herbs, incense and prayer. And about Paganism, drum circles, fire ceremonies, esoteric healing powers, and shamanism. I searched to apprentice with someone who still had the knowledge of the old ways.

I met Michael Cottingham, a very knowledgeable man who could identify and prescribe plant medicine in the field. It was very exciting to be with him. He taught me about the desert plants in the wilderness around New Mexico and Arizona. We went on herb walks where we sat with the plants, heard about their chemistry and healing properties. I learned how to extract medicine, make tinctures, herbal formulas, salves, lip balms, and teas from the plants. I followed the journey to being an herbalist, and brought my knowledge to Michigan to be with my newly born daughter and to start a business.

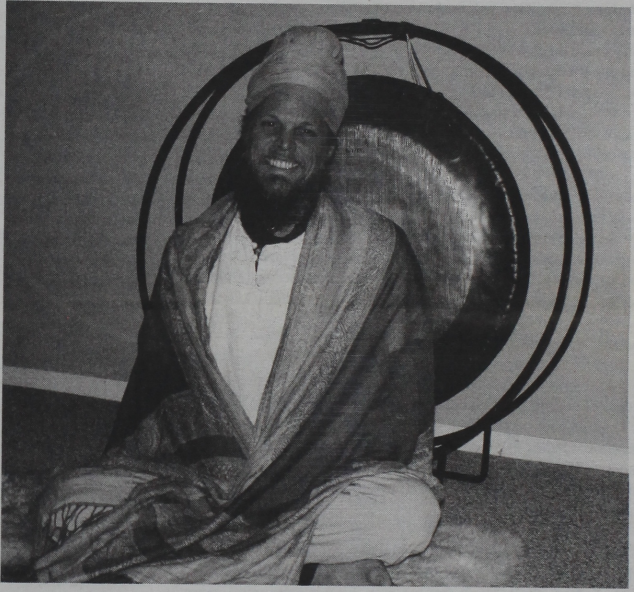
I started Starlight Herbs. An herbal extract company focusing on desert herbs and shamanic plant medicine. It grew to the point of needing to leap into the health food markets. Insurance was so expensive I would have to sell so many bottles. I would be spending my time being an herbal laboratory and factory, not a healer. How was I going to use my compassionate nature? And being an herbalist meant being a doctor of sorts and I didn't have training to prescribe herbs, so back to the thought of schooling.

I lived with a quadriplegic in trade for rent for my first two years in the Ann Arbor area; this was a great experience. I was in the role of direct care with a patient and got to know him, not just treat his symptoms. I put him to bed every night and got him up into his chair every morning. I helped with feeding, bathing, and even his elimination needs. This was far better than working in the nursing home in New Mexico where I was slave labor on a mission to clean butts. But both were satisfying as I did get to know who I was working with, and had a relationship with them. I could get close and help them. Funny how little I got paid, and how much more help I was able to provide them than the doctor who got paid a lot and only spent 3 minutes with them, gave them a drug and never even knew their names.

I moved on and started working for the health food supplement store within Seva's restaurant, before they changed it into a wine and liquor bar, and then for Complete Spectrum (1997-2002) distributing herbs, teas, supplements, incense and gifts to Michigan-area health food and book stores. I learned about how to have a business in health supplements, and the retail side of it.

In 1996, I graduated from Irene's Myomassology Institute studying esoteric energy healing modalities. The areas of study I was attracted to were shiatsu, Thai massage, Reiki and *Touch for Health*. I learned Polarity Therapy and a bit about the chakra and meridian systems. I wanted to discover more about traditional healing modalities through other cultures' methods of healing. I knew that in the Orient they use herbs and bodywork when people get sick. But getting to the Orient has its challenges, so Irene's school was omewhat conveniently located in Southfield.

You indicated to me that dealing with boundaries was a pivotal step in your growth as a healer?
Yeah, when I got out of massage school I was very confident in my abilities to be a good therapist. People loved my work. I called it intuitive energy healing. Although I would be exhausted for 3 days from ***one*** session. I didn't understand what was happening to me. I went to my teachers and fellow therapists and everyone said I needed boundaries. I need to learn to protect myself. I studied using crystals, wearing metal on my forearms, doing visualization techniques, etc. Nothing made any difference. But I knew inside I could take better care of myself. I was a coffee and tobacco user and I was also liking an occasional drink.



I made a decision that ending up being another major hallmark in my life in 2002. I quit tobacco, coffee and alcohol. A sacrifice to the universe you might say, just like sending myself off to wander 10 years prior. What I found I couldn't have ever imagined… I found Kundalini Yoga.

I know you've been a student of Yogi Bhajan. What have been the gifts for you of your involvement with those teachings?
Yogi Bhajan's teachings of Kundalini yoga, Sikhism, chanting, meditation and humanology have sent me on a path of purity and happiness, and to fulfill my potential or destiny. I cleansed my aura, my system and my mind through practicing his teachings.
I found a community of healers, teachers and leaders. I gained confidence, healed many relationships and became stronger.

> I used to be afraid of my sensitivity, of my intuitive thoughts, my feelings, and the sense of just knowing something. But through practicing enough, I found that I can use this gift to help others, I use it like a map in my body to tell me where to work in the underlying issues of my clients. It's really handy. I see it as a bit of a sacrifice, too.

I was rewarded by finding Relaxstation after sacrificing tobacco to the Gods and began my full time massage therapist career. I also worked under the guidance of Dr. Robert Rose, a chiropractor, for two years before I began my private practice in early 2006.

You have described to me how you became increasingly aware of your intuitive skills as a healer. Can you talk about that?
I made a decision that has helped me become a unique therapist and helped me get in touch with my gifts as a healer. I use a daily practice of yoga and meditation to clear myself of unwanted negativity and from the absorption of other people's tension or yuck. I became stronger so I could work long hours doing bodywork through my yoga practice, and I became more intuitive by my meditation practice. I had a way to clear the yuck from me and from what I collected from others.

So I decided to go deep with people. I get into their "stuff" and can sometimes experience other people's pain. It's a gift of empathy I've learned. I like to go deep with people in therapy sessions because really cool releases happen in them, and I can feel that, too. I used to be afraid of my sensitivity, of my intuitive thoughts, my feelings, and the sense of just knowing something. But through practicing enough, I found that I can use this gift to help others, I use it like a map in my body to tell me where to work in the underlying issues of my clients. It's really handy.
I see it as a bit of a sacrifice, too.

Do your clients come for massage, or spiritual healing, or what?
A bit of both I guess. I like to be an example of walking my path of healing, spiritual practices, eating right and doing good work in the world. I think my clients appreciate that about me. It keeps me on my toes, too.

My clients ask for help with lifestyle changes, as well for a good deep massage. So I learn along with them in their process of healing, reducing stress and getting to the cause of major concerns they may have.

What modalities do you incorporate into your practice?
I do deep tissue massage and Life Coaching. I also use stretching techniques and some Thai Massage. The intuitive stuff comes when I least expect it. And I try to encourage a healthier lifestyle for my clients.

What would you like to learn about next, to incorporate into your work?
I am wanting to learn osteopathic manipulations as I find often that body blocks are in the skeletal system. But I don't know how I'll incorporate that into my work, as one needs a license to do those manipulations.

What I am also excited to learn and bring into my practice is Ayurveda bodywork techniques and counseling. The healing system from ancient India has so much to offer us to balance ourselves and live happier and healthier.

Wahlen Interview continues on page 22

Hands On Healing ~ Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

Questions for Kelly Kempter

Kelly Kempter, 38, was raised in Ann Arbor, and she has years of gymnastics and dance in her background. Trained in massage at Irene's Myomassology Institute, she's also been integrating Thai Massage into her practice. She and her two business partners run Kaizen Healing Arts. Her daughter, Jahri, is 12 years old.

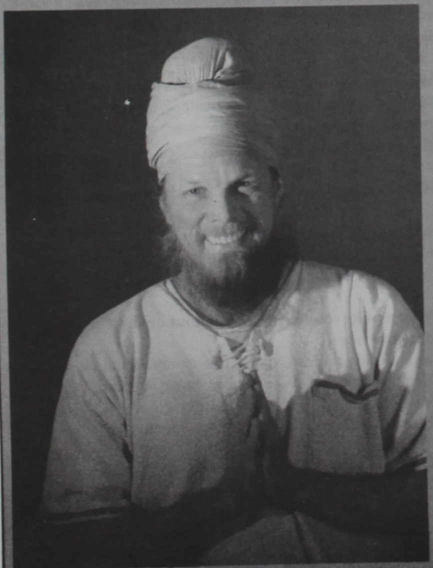
Where were you raised, Kelly?
I was born and raised in Ann Arbor. Growing up as a hippie child on the Old West Side, I had a loosely structured childhood. At 18, I moved to New York City for college and lived there for six years, and then returned to Ann Arbor to raise a family. I think growing up in Ann Arbor has given me an innate openness and appreciation for all things liberal, esoteric, natural, and organic without feeling a need to actively seek these things for myself.

Looking back, have you been a naturally kinesthetic person since childhood?
Very much so. I was an extremely active child, constantly moving and experiencing life through my body. I remember whirling, dancing, and flipping through grocery store aisles and parks alike. For the record, you can still occasionally spot me repeating such antics. Although my parents encouraged physical activity, I was so attracted to movement, that it was unnecessary.

As a shy youngster, I was often aware of physically pulling in when I was uncomfortable by hunching my upper back and drawing my shoulders forward and up. I now realize that this is a natural response to stress, but what's notable is my keen awareness that it was happening, even at an early age. I can remember many times wondering what I should do with my arms when I stood still. I think there was some discomfort in standing still that perhaps influenced my strong desire to move all the time.

I have always had a knack for observing and imitating the physical habits of others. This innate ability greatly contributes to my practice as a massage therapist. As a child, imitating the stance and movement habits of others was a constant pastime of mine. I didn't understand, until recent years, what a gift it is to be fully present in one's body, and that for many people, connecting with their body is a great challenge.

What sports did you like and play when you were a girl?
Although I spent most waking hours moving my body in some kind of physical play, including running, biking, swimming, hiking, skiing, skating, and dancing, I chose to devote myself fully to one, and only one, pursuit: gymnastics.



Questions for Billie Whalen *(continued)*

Yes! I have been involved in using Sacred Sound to heal others and ourselves. With other members of the community we meet in circle to share songs, mantras, chanting, as well as play sacred instruments like singing bowls, flutes, Peruvian Whistling Vessels, rattles, etc. I lead Gong and chanting meditations too. We set our intention towards healing and let the sound vibrations overcome us, absorb into us and cleanse us. The meetings are very elevating! I have brought people together to experience Sacred Sound during monthly meetings at various people's houses. Everyone has had very profound experiences.

You teach Kundalini Yoga in town, too?
Yes, I am currently teaching Yoga workshops at various studios. Kundalini Yoga consists of exercises or postures (Asana), combined with special breathing (Pranayama), hand and finger gestures (Mudra), body locks (Bhanda), chanting (Mantra), and meditation, together and in sequence to create exact and specific effects. The best parts of the workshops are the Gong Meditations at the end of class when you lay down and let the sound of the Gong overwhelm you. It's really high!

What else would you like to share with us?
My practice is located on the third floor of the Parkway Center known as the Castle Remedies building. I also have a small web presence at www.michigankundaliniyoga.com for more information about yoga classes and workshops. If you are interested in the Sacred Sound Circles, email me at starbillie@gmail.com for our upcoming meetings, always free of charge.

I will be continuing to bring people together in our community through sound, meditation, healing and vegetarian food. I will also be promoting concerts and workshops from other gifted musicians and healers. Let me know if you'd like to help.

Thanks, Billie!
Thank you, Bill!

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Where ever I found myself, I did gymnastics. For me gymnastics extended far beyond the gym into every moment of my life. If I could create a new gymnastics apparatus with objects at the scene, I would begin making up tricks and routines. If not, I was upside down or otherwise exploring gravity in creative ways. I invented several other "sports" in those years: picnic-table-nastics, brick-nastics, trampoline-nastics, water-nastics, you get the idea. I spent most of every summer devoted to choreographing and practicing routines on a variety of homemade gymnastics events.

What did your 12 years in gymnastics as a young person contribute to you?
My years as a gymnast instilled in me a multitude of skills, ethics, aches, and pains, from discipline to an uneven pelvis. Devotion to gymnastics gave me a flexible, healthy, and strong body, great balance, a good work ethic, a sense of camaraderie, several sprained ankles, a love of swinging my body through space, an introduction to dance, a separated shoulder, an ability to incorporate both verbal and demonstrated instructions into my own body, a multitude of ripped calluses on my palms, precision, a personal understanding of gravity, a comfort in being upside down, bravery, a drive to create, and a sense of pride.

And you were a dancer, as well?
I still am a dancer, and feel that I will always be in some regard. Graduating from high school marked the end of my years as a gymnast. After moving to New York City to attend college, with no structured outlet for all of my physical energy, I began to realize how much I missed moving my body. In an attempt to remedy the situation I began to take modern dance classes at several studios in the city and also at Hunter College. I quickly fell in love with dance and soon thereafter fell in love with the small, family-like dance department at Hunter. The Hunter dance program is unique in that it is non-exclusive, and aspires foremost to foster creativity in the students. I dedicated myself to dancing,

> I was an extremely active child, constantly moving and experiencing life through my body. I remember whirling, dancing, and flipping through grocery store aisles and parks alike. For the record, you can still occasionally spot me repeating such antics.

choreographing, attending performances, rehearsing, teaching, studying, and immersing myself in all things related to dance.

After college, upon moving back to Ann Arbor, I joined Jesse Richard's dance and musical theater company, Hundredth Monkey, where I further expanded my repertory and skills. I enjoyed and still cherish the close knit relationships I formed as a member of Hundredth Monkey. I was a company member for five years and have subsequently rehearsed and performed sporadically with other local choreographers, most notably Suzanne Willets-Brooks and People Dancing. My last performance was this past June, and I'm not sure how I will incorporate dance into my life in the coming months and years. As long as I am regularly moving my body and connecting with movement in a meaningful, creative, conscious, and healthy way, I feel a sense of fulfillment in my relationship to dance. If I take the time to focus on the daily expression of dance in my everyday life, whether it is watching the movement of another, tuning into my own body in a moment of stillness, or dancing in my kitchen while I cook dinner, I am dancing. Dance is and will always be a part of me.

You mentioned to me that it was in dance that you took your first anatomy and physiology classes, and that you loved them. Tell us more.
The Anatomy and Kinesiology course was a requirement for all dance majors at Hunter. Most students dreaded the class but I found myself excited to begin to understand on an intellectual level what I think I had understood on a visceral level all of my life; how the body works and moves. My teacher, Dorothy Vislocky, was the founder of the Hunter College Dance Department, which was created with minimal funds and against all odds. She was a demanding teacher, yet she took the time to help us to understand and integrate what we were learning. Dorothy also taught the Improvisation class where I was first introduced to meditation. In addition, she was a talented body worker who had a deep understanding of the myofascial system. She was an inspiration to me in countless ways and I consider her to be my most influential teacher and mentor.

In Anatomy and Kinesiology, Dorothy taught us about the physical structures of the body, focusing on the bones, joints, muscles and related soft tissue. From there, we went on to learn to assess details regarding the complexities of human movement. I was captivated and fascinated by the miracle of life and all that comes together inside of us to give us form and move us through space.

And how did you get introduced to massage and bodywork?
I received my first massage from another dance teacher at Hunter College, David Capps, who is also a talented massage therapist. I attended a short introductory workshop on massage taught by David. The main reason I wanted to attend was to receive massage. It turned out that I learned an important lesson in that class. I still remember how surprised I was when my partner expressed that she sensed when I was massaging her from a physically uncomfortable position and that the quality of my touch was diminished. This information ended up being something that guides my everyday practice and will surely add to the longevity of my massage career.

Around that time, I fell on my tailbone which resulted in sudden and severe sciatica. I had always pushed through my pain, and this was no different. I continued all my activities, without giving my body time off to heal, thus setting in motion a formula for a long term chronic problem which plagued me for many years to come. Eventually, Dorothy Vislocky saw my struggles and began to work with me for free. My sessions with Dorothy consisted of both hands-on work on my fascia, as well as posture and movement retraining. She helped me to understand my body on a new and deeper level. I remember leaving a challenging session with her and feeling like I had to relearn the simple act of walking. I broke down in tears and frustration as I was crossing Central Park because I realized that for so many years I had been moving in a way that was detrimental to my health. I focused on strengthening the muscles that were weak, stretching muscles that were too short, and bringing my awareness to the present moment to analyze and correct my posture and movements.

I also remember during that time, beginning to experiment with giving and receiving bodywork with another dancer in the program. Because our classes were so hands-on; and we were encouraged to study using tactile and kinesthetic methods, this was a natural part of the learning process for us. By this time I was already sold on receiving massage, but this was the first time I remember enjoying *giving* massage.

And at what point did you decide to become a massage therapist, and why?
When my daughter, Jahri, was born, I dedicated myself wholly to mothering. As a single mother from the time of her infancy, parenting was a full time venture with enormous responsibilities, and I had no energy left for other endeavors, such as pursuing my own passions. As she grew, I had many thoughts and ideas of vocations that I could pursue and eventually I decided to create a database where I would list and research different career paths. My database contained several general career tracks of interest, including the healing arts, dance related vocations, various facets of teaching, several bodywork methods, childbirth related occupations, and social work. I then listed more specific options and began to research what would be involved in pursuing each of them. My specific list contained dance therapy, social work, physical therapy, life coaching, massage therapy, acupuncture, Rolfing, and more. I set a deadline for myself, by which time I would need to decide upon a career path. As the deadline approached I realized that I would need to just make a decision to pursue *something*, and that it would need to be something doable. It would need to be a path that would fit into my life, fit my budget, match my interests and strengths, and not compromise my ability to mother Jahri. Pursuing massage therapy increasingly seemed to be a great place to start and I was thrilled to finally get started.

> I find that my clients are some of the most interesting, driven, strong, lovely people I know and it's a pleasure getting to know each of them on so many levels.

Where were you trained? And how do you feel about your training?
I received my training at Irene's Myomassology Institute (IMI), in Southfield. I was attracted to the school because I saw that it was compatible with my beliefs about the mind-body-spirit connection as it relates to health and all of life. I believe that true and lasting health is achieved through the balance of all of the body's systems and that the way that this is attained is specific to each individual. IMI is committed to exposing the student to a variety of modalities; from Polarity, Yoga, and Reiki to Trigger Point Therapy, Myofascial Release, Shiatsu and Thai

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Hands On Healing ~ Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

Questions for Kelly Kempter *(continued)*

Massage. This multi-disciplinary approach is not only invaluable in helping clients to heal, but allows students to focus on particular areas of interest. In researching schools I was inspired when I read about the founder of IMI, Irene Gauthier. I was touched to learn that she too had been a single mother, and had successfully raised four children while simultaneously pursuing her passions for learning, healing, and teaching. The fact that Irene, at age 86, is still teaching and treating clients, bears witness to her dedication. IMI has a part-time program which demonstrates a willingness to help all people attain their dreams. I saw this as a perfect fit with my life as a single working mother. For me, the engraving at the entrance sealed the deal; "The essence of our being is love."

I had some amazing, inspiring, and dedicated teachers, such as Randy Fillion who introduced me to Thai massage, and Kit Bruce, who was my weekly hands-on instructor. With plenty of hours working in the student clinic, I felt well prepared to work on the public. The curriculum was broad, giving me a great knowledge base. However, I often felt that the program was not demanding enough. I remedied this by challenging myself in a variety of ways. For example, I created a set of study cards with detailed sketches of individual muscles. In essence, attending massage school was just the beginning of my training. I continue to learn and grow with each massage I give.

And how long have you been working as a massage therapist? Tell us a bit about your practice, what it's called, who your partners are.
I began school in 2003, and since I opted for the two-year program, and because of the way the program is structured, I was about 75% done with the program after the first year. At that point I began charging a minimal amount (the same as one paid for a massage at the student clinic), which marked the beginning of my massage practice. At the time I had an office in my home. In 2005 I joined with Alyssa Schreiber, also a massage therapist, and Sara Alrawi, a naturopathic physician specializing in acupuncture, in creating Kaizen Healing Arts. Our warm and healing space is located in the Kerrytown area, above the People's Food Coop. Kaizen Healing Arts aspires to bring vibrant health and wellness to our community through a variety of healing modalities.

Are you enjoying your practice, and how is it going?
I love working with and through my body in this way. I often look forward to giving massage. It's a wonderful way for me to center myself and be fully present in the moment. People are always appreciative of my work and that feels rewarding to me. I find that my clients are some of the most interesting, driven, strong, lovely people I know and it's a pleasure getting to know each of them on so many levels. Since I split my schedule between massage and my research job at U of M, I feel quite blessed by the balanced life I lead.

In your own mind, what is the difference between a massage therapist, a bodyworker, and a healer? Are you a healer, and if so, what does that mean? If not, do you aspire to be one?
In my mind, a massage therapist and a bodyworker differ in that a massage therapist is focused on treating soft tissues, such as muscles, ligaments, fascia, and tendons, while a bodyworker has a broader range of training and is aiming to affect other bodily and energetic systems. I've mostly thought of this in the terms defined by the National Certification Board for Therapeutic Massage and Bodywork, which has two separate exams, one for massage therapy and one for massage therapy and bodywork. The latter requires an additional basic knowledge of Eastern philosophies and other somatic techniques. I chose to become nationally certified in therapeutic massage and bodywork (NCTMB), rather than only in massage therapy (NCTM).

In my mind, a healer is defined in looser, more esoteric terms. I think of a healer as a wise practitioner with many years of experience; one who consciously or unconsciously calls on a higher power to bring health to their patients. I believe that all of us in the healing arts have moments when healing happens, and thus in that moment, we act as healers. Perhaps we are healers-in-training or aspiring healers. However, for a true and seasoned healer, these moments become the norm rather than the exception. I consider myself to be an aspiring healer. If I am blessed, after many years of dedicated learning, growing, and practicing, perhaps one day I will be viewed as a healer.

You told me that often you feel better after you have given a massage. Please talk about that.
I often feel rejuvenated after giving a massage or two or even five. There have been plenty of times when I have felt better after giving a massage than I did before it began. For example, if I have a headache before a session, it usually goes away during the session. I've often wondered why this would be the case. I think it has to do with focusing on another, being present in the moment, and an exchange of energy that balances both people involved.

Do you find that you absorb the energy, including the negative energy, sometimes, of your clients, from working in such a hands-on way with them?
Not at all; it's interesting because they warned us about that in massage school and you hear all kinds of stories about therapists absorbing negativity and pain from their clients. For example, other therapists have reported that after working on someone with an injured shoulder, the therapist's shoulder began to hurt. I've heard this type of story repeatedly, but I've never experienced it myself. I wonder if it's because I don't really believe in negative energy coming from a person physically, and I just don't give it that kind of power. In addition, I enter each session with a little prayer which sets the tone; and I end each session with a deep sense of gratitude for the session, the person, and the energy that we have shared.

What is really important to you, as a massage therapist, in terms of boundary issues?
I aim to be respectful, professional and warm in every interaction. I like to be in communication with my clients and to solicit feedback from them so that I can tailor the session and future sessions to their needs. I try to tune into the person in front of me and get a sense of their comfort level and preferences regarding massage. Each person is unique and what may be uncomfortable for one person may not bother another.

Even if I'm working with my own mother, I treat the session as I would for any other client; by keeping appointments, beginning and ending on time, honoring her process, style, and needs, not engaging in unnecessary conversation, and helping her to feel comfortable with the draping, amount of pressure, temperature etc. I find that it's easy to let boundaries get fuzzy when working with a family member or a close friend. However, I consciously guard against this by directing my full attention to my client before, during, and after each session because ultimately my practice is a service to others. Another important aspect of boundaries is the state of my own mental and emotional health. I believe part of my job is to explore and know myself by reflecting upon and analyzing my own thoughts and actions.

> … A massage therapist and a bodyworker differ in that a massage therapist is focused on treating soft tissues, such as muscles, ligaments, fascia, and tendons, while a bodyworker has a broader range of training and is aiming to affect other bodily and energetic systems.

You told me that you enter each of your sessions with a little prayer. Please tell us about that.
It's a simple but profound prayer that I came up with some years ago: "Heal me, heal him/her."

You went to Thailand earlier this year to study Thai massage. Tell us about that. And how much of your practice, now, is Thai massage?
I studied Thai Massage in Northern Thailand at ITM (Institute of Thai Massage) under Chongkol Setthakorn, a respected master. My adventure to Thailand was a profound period of leaps-of-faith, growth, exploration, and newness.

I am deeply fascinated by Thai massage, both as a giver and as a receiver. Traditional Thai massage is often described as "lazy man's yoga" because the practitioner moves the receiver's body into a variety of yoga poses throughout the session. The session is performed on a floor mat and through the client's clothes. The technique utilizes deep compression, point pressure and stretching performed in a gentle rhythmic movement style to balance the energy in the sen lines. These lines are similar to those in the Chinese meridian system but also incorporate aspects of Ayurvedic medical theory. The treatment, which typically lasts ninety minutes or more, creates an effective cleansing of the body that continues for days.

After returning from Thailand I made it easy for clients to try Thai massage at a reduced price. Many people tried it and won't go back to the table; others found that they like to alternate between Thai and table massage. Currently, Thai massage constitutes about half of my practice. The only part I don't enjoy is taking down and setting up my massage table. Maybe someday I will have a separate room dedicated to Thai massage.

You mentioned to me that you would be interested in learning more about Rolfing at some point in the future? Why?
In short, I have a lot of respect for Rolfing and the work of Ida Rolf. Also known as Structural Integration, Rolfing addresses the balance of the body in relation to gravity, which reminds me of many of the lessons I've learned or been introduced to as a dancer. I am attracted to the Rolfing focus on manipulating the myofascial system as well. A lot of my work on the table is directed toward releasing the myofascia and I find it to be extremely effective in realigning the body and absolving pain. Delving more deeply into understanding the subtleties of the myofascial system is an exciting prospect for me. Rolfing is said to be capable of initiating profound changes in the body. I imagine the Rolfer's hands to be finely tuned and able to

> Perhaps we are healers-in-training or aspiring healers. However, for a true and seasoned healer, these moments become the norm rather than the exception. I consider myself to be an aspiring healer. If I am blessed, after many years of dedicated learning, growing, and practicing, perhaps one day I will be viewed as a healer.

discern slight differences in tissue. I think I have developed palpation skills but I like the idea of honing them further.

Are there other complementary modalities you would also like to integrate into your practice, in the future?
I do keep and carry a running list of modalities that I am interested in pursuing. In addition to deepening my knowledge of the methods that I already either practice or have a basic knowledge of, such as Thai Massage, Shiatsu, and Myofascial release, I would like to explore other techniques such as Kinesis Myofascial Integration (a descendant of Rolfing), Hot Stone Massage, Tuina (finger acupuncture), Trager Work, and Ashiatsu Massage (also called barefoot massage).

How interested are you, or not, in the more esoteric kinds of healing work, such as Reiki?
I am acutely aware of feeling a variety of energy patterns when I perform my hands-on work. This fascinates me and I am drawn to learning more. I have received my Reiki attunement and I do practice Reiki at times. I have no doubts about the effects our energy system has on our health. To me all work can be energetic in nature. However, in general, I haven't been completely satisfied with any of the explanations or theories I've been exposed to regarding how and why this is so. The researcher in me, the part of me that wants clear, concise, provable explanations thinks that we don't yet have the technology to answer the many questions energy work provokes. At this time in my life I don't feel compelled to formally explore energy work through continuing education. I still feel there is so much to learn about the structure and mechanical function of the body. I imagine that as I grow as a body worker, energy work will become increasingly important to me as a powerful healing modality.

I see that you've been leading a workshop on Couples Massage, with Alyssa Schreiber. How is that going, and what is interesting about that work?
We offered one class in the fall and are about to offer another. We are hoping to refine and develop our class and offer it at regular intervals. We also talk about the possibilities of offering other classes. We believe everyone is born knowing touch as the primary channel of communication and connection with the world, yet people

> Even if I've worked with someone for a long time, I am still discovering things about him or her and about me in every session. One thing I do which keeps me engaged is to select a weekly theme for my massages.

have forgotten how vital touch is to our sense of wellbeing. It takes only a little willingness, time, and awareness to bring the power of touch back into our relationships through shared massage. We are excited about the class and have put a lot of work into creating a workbook and developing a class that makes sense for non-therapists. We feel that partner massage is a wonderful way to create and maintain a profound connection with people in one's life.

Do you have a family?
I live with my daughter, Jahri, who just turned 12. Her presence in my life has profoundly affected me in countless ways. She is an intense ball of energy and a daily inspiration to me. My mom and my sister also both live in Ann Arbor and they are an important part of family life for both Jahri and me. The four of us lived together in my mom's house (along with a variety of renters) for Jahri's first eight years and we still have regular family dinners and take vacations together.

I recently became engaged to an amazingly solid, caring, and dedicated man, who has three bright, creative, thoughtful and all together enjoyable children. We plan to get married next summer and subsequently merge our households, so I know there will never be a dull moment in the road ahead.

What do you like least about your work? And what is hardest about your work?
The most challenging part of my work is the business aspect, particularly in the area of advertising. I think that I'm actually reasonably good at it and driven to do it, but I don't enjoy it. There are so many details to keep track of, so many to-do lists, so many ways to reach people, and the work never ends. I sometimes wonder whether my client load would change at all if I didn't do any outreach. Word of mouth is definitely my biggest advertising boon. However, I do think having a professional, well designed business card, brochure, and website is important. I am grateful to have my partners, Alyssa and Sara, because these tasks are easier and more enjoyable to approach as a team.

What do you love most about your work as a massage therapist and bodyworker?
I am lucky to have landed here and to be on this journey. Being a bodyworker fits me well and feels like home. I think massage is one of the most profound and therapeutic healing methods. I love giving massage and I love receiving it. Often, when I am grounded in the present moment, focused on the space between my body and the recipient's body, I experience a deep sense of connection with all life. I feel exceedingly blessed.

Anything you wish to add?
Through bodywork, I've discovered a whole world to delve into. Some therapists may feel bored and stuck in a routine, but I find the entire experience interesting. Even if I've worked with someone for a long time, I am still discovering things about them and about me in every session. One thing I do which keeps me engaged is to select a weekly theme for my massages. During my first session each Monday, I silently petition for a focus and this becomes my central motif for the week. Weekly themes I have used in the past range from a focus on a specific technique, the breath, my body being relaxed, or flow, to giving massage with a sense of gratitude, or an aim for my client to attain better posture, or an awareness of the music, or with my eyes closed. I investigate this theme in a variety of ways while giving massages for the week. This is a simple and fun way for me to explore the many layers of bodywork.

Thanks, Kelly.
Thank you, Bill. It's been a great experience to reflect on these thought-provoking questions.

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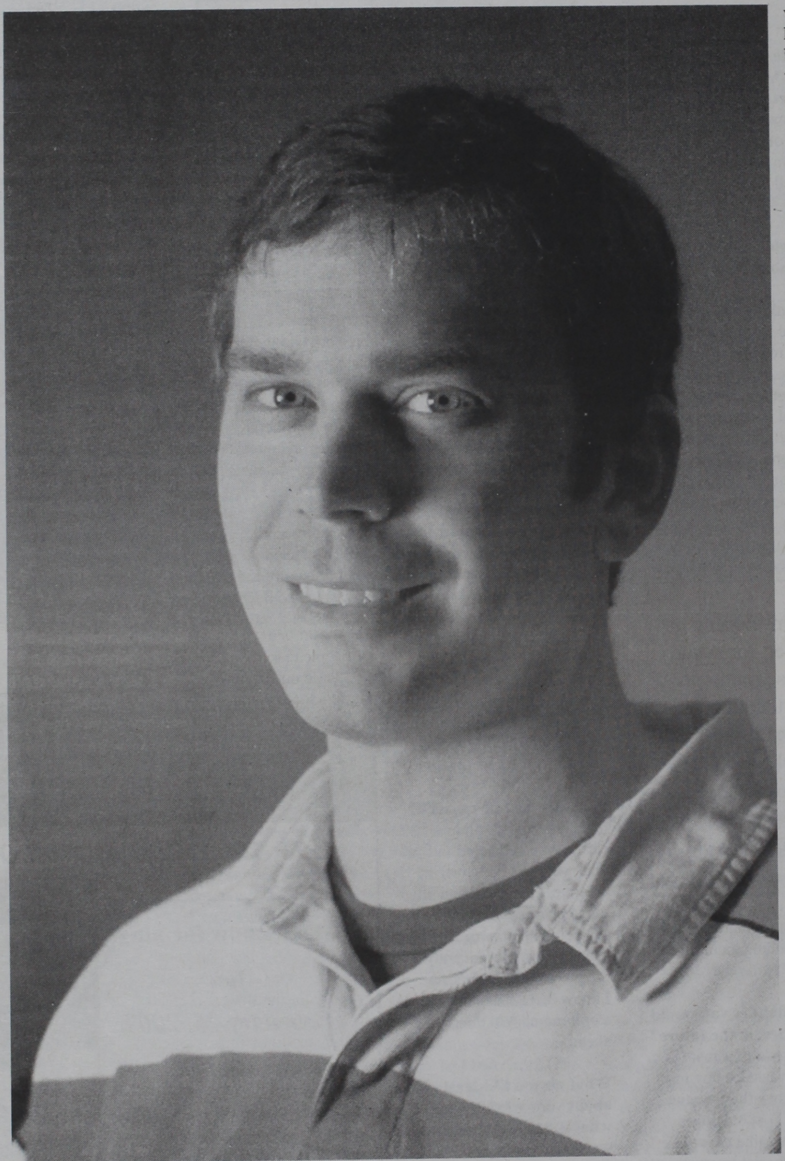
Hands On Healing ~ Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

Questions for Brian Cochell

Brian Cochell, 36, worked as a kindergarten teacher before becoming a massage therapist. He was trained at the Ann Arbor Institute of Massage Therapy and he is now working there part-time as a Teacher's Aide. His massage practice is located at In Touch Therapeutic Massage. He is the father of two small children, Owen and Lucy.



Where were you raised, Brian?
I was raised in St. Clair Shores, Michigan.

You and some of the people we're including in this feature were trained at the Ann Arbor Institute of Massage Therapy. When did you complete your course work there?
I graduated in fall of 2005.

And you're now also working there as a Teacher's Aide? Please tell us about that.
I am responsible for helping out in demonstrations, helping students with techniques, and classroom management. I also provide guidance and support for the students. I help out in preparations and attendance for the instructor.

In your childhood, you have any inkling that you would be in this line of work?
I never really had any thought about massage or even any interest in the medical field. I always tried being a helpful and caring person. I feel that these traits have proven to be helpful as I grow as a massage therapist.

Were you a good athlete?
I was alright. I played mostly baseball. I probably would have played longer except I wasn't that good at hitting the ball. I also enjoyed playing football and hockey. That was mostly with kids from the neighborhood. It was never really organized -- just to have some fun and stay out of trouble.

What positions did you play in baseball and football?
In baseball, I played all over, but mostly in center field. There was one summer I was a pitcher, but that didn't last long. In football, I was the receiver or the safety.

Do you have brothers and sisters?
I was an only child. I had no one to blame when things went wrong in the house.

I know you attended a few different colleges, and lived in a few different places. Tell us about your life path, before you became a massage therapist, please.
After graduating high school, I went to Lawrence Tech in Southfield. There I studied Architecture for 2 years before I moved out to Ypsilanti. I then registered at Eastern Michigan in Education. It was here that I met the mother of my children, Anne. When she graduated, before I did, we moved to Florence, in South Carolina. There I went to a college called Francis Marion University. I continued to study education. I only could stay there for one semester because Florence wasn't the place for me. So I moved to sunny Charleston, South Carolina. I enrolled in my 4th college and finally graduated from the College of Charleston with a B.S. in Education in the fall of 2000. If I can give any advice, only transfer once, if you must, because it is tough losing credits because you can only take so many with you. Repeating classes gets kind of boring. Then we moved back to Michigan and I started teaching Kindergarten at a private school in Ann Arbor.

> Seeing the big picture is very helpful in massage... If you are trying to change muscle memory, and the habits of the client, and helping them find balance, it is probably not going to happen overnight.

You told me that before becoming a massage therapist, you worked as a kindergarten teacher. Please tell us about that.
Teaching was great. I loved working with the students. The best thing about working with kindergarteners was their ability to not let things keep them down. If you had to reprimand a student, there would be a moment of time where the student might be upset. When it was over, the student would get up and be totally cool with the other students and with you. I wish we could maintain this ability as adults. It was also nice to have positive energy from the moment you walk into school until you left. Children are an endless fountain of positive energy and attitude. If only the rest of the job was as rewarding as the time I spent with the students.

What skills do you get to bring from being a kindergarten teacher to working with people as a massage therapist?
The most important one for me is working with people. When I taught, I had to think about the twenty or so students and all of their individual needs. That was also helpful with parents and the faculty. Now I get to take that focus down to a one-on-one and it is much easier. Another important skill is the ability to look down the road and set a plan and goal and help you to attain it. Kindergarten students change so much during that year, but when you break the year into weeks you get a much different picture. For two days a student could add 2+2, then all of a sudden they can not tell you the answer. It is like three steps forward, one step back. Seeing the big picture is very helpful in massage as well. If you are trying to change muscle memory, habits of the client, and helping them find balance, it is probably not going to happen overnight. Setting a plan and following through will help you reach your goals.

You told me that your ex-wife played a part in your deciding to become a massage therapist… Why did you become a massage therapist?
I needed a change in careers and I was looking for something I could also supplement my income with. Anne was actually the one that planted the idea in my mind. So I thought I would go and give it a try. As it happened, I really enjoyed learning about the body and found it fascinating.

How did you feel about your training at AAIMT?
I thought I got an excellent education at the Ann Arbor Institute of Massage Therapy. The school provides you with the foundation to build the rest of your practice off of. They start off at the cellular level and work their way

through body systems, bones, muscles, and eventually massage techniques. The whole time learning how massage effects these subjects. From there, you have the basic understanding of what massage is and how it is going to work to use as a stepping stone for different types of modalities.

You told me that once you began the massage therapy training program, that it was the "actual physicality of doing massages" that got you into it. Please elaborate. The book work was fun. The last time I had learned about a cell was in 5th grade. So it was a challenge. The putting all the information together was the tough part, until I started working on people, and feeling how it all came together. Only when I could feel the muscles and palpate them was I able to put the cerebral part of the massage together with the hands-on part, and get a true understanding of what I was really doing for the client. I also could start to use different techniques to be more effective in engaging the muscle tissue.

Has it been a learning process for you to know how not to absorb the energy, including sometimes the negative energy, of your clients? Has that ever been an issue for you, or not?
When I first started out, I taught in the mornings and massaged in the afternoon. I would find myself really spent with no energy on the days I massaged. After talking with co-worker friends, they helped me by educating me and giving me techniques to stop the transfer of negative energy.

Only when I could feel the muscles and palpate them was I able to put the cerebral part of the massage together with the hands-on part, and get a true understanding of what I was really doing for the client.

What is really important to you, as a massage therapist, in terms of boundary issues? I take this topic very seriously. Being a male teacher, I would never allow myself to be in a position that could be taken in the wrong way. In massage, I take the same care in my approach to my work. I always keep my draping appropriate and to never allow a situation to get out of hand. I keep my massages to a strictly professional level.

You mentioned to me that you feel that you are "intuitive when it comes to people"... please talk about how that plays out in your bodywork. I feel that I am able to read people's emotions and attitudes quite clearly. I use this same sensitivity when it comes to working with my clients.

You also said to me that your perceptions of people -- how they hold their bodies, and how they present themselves -- have changed and deepened since becoming involved in the hands-on world of massage. Please talk about that.
Before massaging I used to always enjoy people watching. It was always kept very superficial based on how they looked. Now that I have a better understanding of how people use their bodies, I get a lot more out of the experience. I now take that skill into my practice as a tool to help relieve people's problems. Certain things, like how they walk and how they stand, are telling signs of what their body needs help with, to get back into balance.

How interested are you in the more esoteric or "energy" aspects of bodywork and healing? As of now, I don't practice any energy work. I am hoping that as I grow and evolve as a massage therapist, I will be able to incorporate more of that into my work. The more modalities that I know, the more effective I can be for my clients.

Are some people just "naturals" when it comes to bodywork and massage? I believe that there are people who are gifted in massage. Even the gifted people still need some training to become complete, knowledgeable massage therapists.

You noted to me that bodywork is like art, that it's very subjective. Please say more.
No matter how good you are or how many people tell you you're great, there will eventually be someone who may not think that way. Everybody needs a different approach to reach the goal of great massage. Not everybody wants or needs the same work. That is why it is important for a good massage therapist to listen to the client and provide the best of his or her abilities for the client. Sometimes it is a great fit and sometimes it is not. I believe if my style or approach to massage does not fit my clients', it is my job then to see if I can help match them up to another therapist who can fit their needs. It is about the client's needs, not the therapist's.

I believe that there are people who are gifted in massage. Even the gifted people still need some training to become complete, knowledgeable massage therapists.

People come to body workers and massage therapists for a variety of needs. Can you describe the various reasons people come to you?
People use massage for reasons like relaxation, stress relief, flexibility, stretching, education, and help with correcting body posturing.

Please talk about "muscle memory".
Muscle memory occurs when muscles are used in a repetitive motion. An example would be someone who often shrugs their shoulders in the cold.

You told me that as a student and as a Teacher's Aide, you never fall asleep when receiving a massage, but that you did on one occasion fall asleep while receiving a massage from a woman giving you a very different kind of massage than is generally emphasized at AAIMT. Please talk about the relevance of that. I believe that all types of massage are important for people to receive. Some people enjoy deep therapeutic work while others enjoy light relaxing touch. I generally prefer a more therapeutic massage but that one student gave the best relaxation massage! Just because she focused on relaxation and not therapeutic, did not mean she was a bad therapist. I have yet to relive a better relaxation massage to this day.

You told me that when students first start giving massages, they need a lot of guidance about what feels good, and that you are very straightforward in that regard. Please elaborate.
When you start out at massage school, you want to copy any technique or stroke that feels good. You always hear, "Wow, that feels great, what are you doing?" So they will copy techniques without understanding the reason besides that it feels good. So I feel it is important for the students to understand why they are using a technique so they can formulate a plan for the client, and tie it smoothly into the rest of the massage. I also tried to answer students' questions honestly, so they are more prepared when they leave school and are looking for their first massage job.

Are you a massage therapist, a body worker, and/or a healer? In your mind, what is the distinction between the three? (Is it a "ladder"?) What is a healer, and if you are, in what sense? If not, do you aspire to being one?
I am a massage therapist right now. I hope to evolve and grow into a body worker taking in different modalities and styles and turning them into my own. A massage therapist is one who uses massage to manipulate the muscle tissue and fascia. A body worker is one who goes a little further by moving and manipulating the body to reach their goals. A healer is someone who may use all those approaches plus other modalities to reach the attended goal. So I guess I see it as a ladder with each one building off the other.

Do you envision yourself adding other modalities to your practice, in the future?
Yes, I do. In massage, as in all walks of life, one should be growing and expanding. Taking on new challenges and opportunities should always be one's goal. I also want to excel and be the best therapist I can be. This will mean that I will always be adding and changing skills.

What does your current practice consist of? Where do you work, and is it going well?
As I said earlier, I work as a Teacher's Aide at AAIMT. I also work at In Touch Therapeutic Massage and I do work with a couple of clients in their homes. In all aspects of my professional career things are going great. I am very thankful for all my opportunities.

What do you like least about your work?
How some days you can have five clients and the next day have one. It can be a little inconsistent but it is not that bad.

What do you most love about your work as a massage therapist?
I really enjoy working with people. I really enjoy people's stories and life experiences. I have learned so much from my clients who talk about everything under the sun. I appreciate the chance to help them have a better quality of life.

And you are juggling your work with having two young children, as well?
I have two beautiful children, Owen and Lucy. It is difficult at times scheduling work around them, but it is totally worth it. Some days I have to leave early to pick them up, and I only work every other weekend, but they are only young once and I am going to appreciate that while I can.

Anything else you'd like to add?
This has been a fun experience for me. Thanks for taking the time to talk to me.

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Hands On Healing ~ Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

Questions for Jennifer Giacomelli

A self-described "gypsy traveler", Jennifer Giacomelli settled down to create, with her husband, the Tree of Life Cultural Arts Studio, in Chelsea. They've grown the Tree into a dynamic place -- offering dance, movement, belly dancing, massage, meditation and other classes. Jen was trained in massage at the Desert Healing Institute in Tucson, Arizona. She is 35, and the mother of one child, Solair.

Where is your family from---where were you raised?
My family is from Erie, Pennsylvania. I was born in Pittsburgh. At age 4 we moved to Grand Rapids, where I was raised and where my parents still reside.

You started off being a dancer, and from a young age. Tell us about that.
When I was 5, my mom put me in a ballet/tumbling class, which I did not find very motivating. It moved quite slowly with not much energy. Needless to say, I quit. Around

Around the age of 8… or sometime when the movie "Flashdance" came out, I found that I still had an interest in movement, just at a much faster pace, the movie of course was my awakening. So, shortly thereafter, I tried another dance class, this time, JAZZ!
I LOVED IT!!

the age of 8… or sometime when the movie "Flashdance" came out, I found that I still had an interest in movement, just at a much faster pace, the movie of course was my awakening. So, shortly thereafter, I tried another dance class, this time, JAZZ!
I LOVED IT!!

And you kept dancing through high school?
Yes, by the time I was beginning high school, I had continued my studies in jazz dance as well as Tap. My freshman year I began dancing on the Varsity dance team at East Kentwood High School in Kentwood, Michigan, and continued for four years holding the position as captain my senior year. Our dance team was not your typical high school "pom pom squad". We were a circle of students, dancers and friends who really just wanted to dance. We attended many camps & competitions, danced at games, held workshops for kids, and created lots of cool stuff with the use of body movement.

And then you got a job teaching contemporary dance, yes?
Yes, just after high school I was employed with "Universal Dance Association" based in Memphis. Here, I was a regional staff instructor attending those same camps and competitions as I did in high school, only now teaching the dance routines and judging the competitions all along the Midwest. Feeling the need to explore more and experience desert lands and hot sun, I moved to Tucson in 1993. It was here that I began to teach multiple dance classes a week for students of all ages. "Creative Dance Arts" became my second home and a strong backbone for where the road led me today.

Where did you get your first massage? And how did you decide to become a massage therapist?

My first massage was at a festival in Tucson. It was during the time of dancing about 15 hours a week. I began to notice my body getting sore more often after dancing. It was at this festival that I saw a bunch of student massage therapists offering massage, so having done something to my neck two days prior while dancing, and not being able to turn it, I decided to try it out…I was amazed as to how much lighter my head felt and how much 15 minutes of rubbing changed my range of motion and worked out the "kink" in my neck. After that experience, I became more aware of my body and began to understand how important it is that we take care of our bodies. I found myself doing a lot of self-massage, and decided that it would be a great asset to what I was currently doing. I was very interested in learning how my body does what it does through a lot of anatomy and physiology, and excited about furthering my education of the body so I could share valuable information with students and dancers, and possibly help students and dancers like that one therapist helped me.

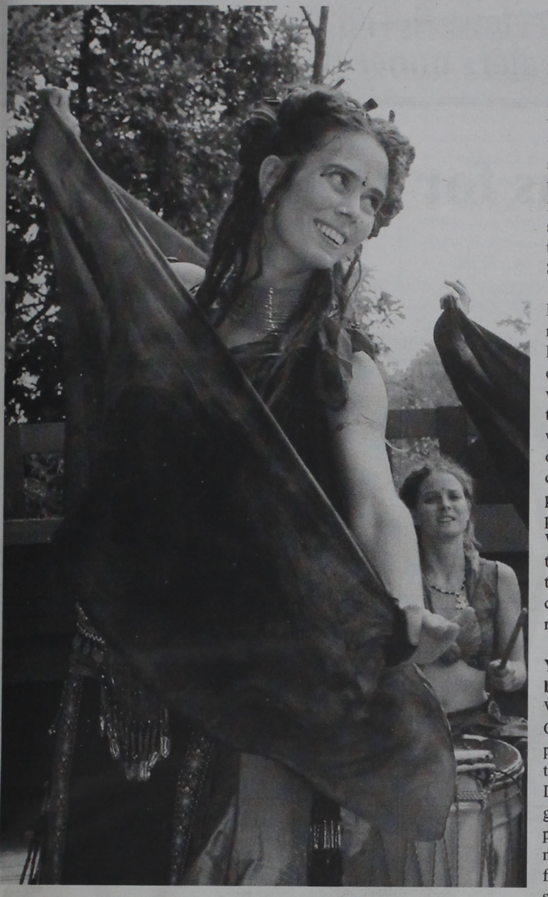
Where did you get your training?
At the Desert Institute for Healing Arts, in Tucson, in 1996.
And at ITM…International Training Massage School in Chiang Mai, Thailand in 2001. I also consider all of my places of employment a major part of my training, especially Miraval Resort and Spa in Tucson.

You mentioned to me that massage school "was one of the best experiences of my life," and that was at least partially because of "all the awakenings I had in massage school." Please elaborate on that.

Receiving touch EVERYDAY for a year was an excellent recipe for me to really become aware and mindful of myself and my surroundings. I guess you could say I began to "wake up" and really open my eyes for the first time in my adult years.

This was such an important time in my life primarily because it was so full of information, education and growth. I assume my age played a big role in this being such a memorable time, 23 is a prime time for a person to really start to learn about who they are, and is a time where we begin to mold into what we will continue doing down the road. I was so fascinated with learning about our muscles and how they work and how everything really is connected. Receiving touch EVERYDAY for a year was an excellent recipe for me to really become aware and mindful of myself and my surroundings. I guess you could say I began to "wake up" and really open my eyes for the first time in my adult years. In addition to my personal growth throughout this year… I got to share these experiences with many new friends who shared similar interests.

As you were going through massage school, you continued to work as a dance instructor. What sorts of realizations emanated from that?
As mentioned previously, I had many realizations during the time of massage school, but one thing that really came up for me as I learned so much about our bodies, and anatomy, is the importance of maintaining healthy posture, and keeping our muscles soft and stretched. I realized how unnatural some sports and hobbies are for our body. Ballet dance, particularly, stood out for me. Look at the way a ballet dancer uses her body, and holds such positions (legs/feet turned out very much, and the way the pelvis usually is held) to create those "beautiful" lines that a ballet dancer displays! I started to understand why so many ballet dancers have hip problems later down the road. Becoming aware of this strengthened my desire to practice my newfound love of bodywork on dancers, not only to help them through their dancing years to preserve their body, but to educate them and help them understand their bodies' natural ways, and to share things they could do for themselves to balance out the strain that can be put on their bodies. Such as receiving bodywork and focusing on "correct" alignment while stretching and warming up.



I know you worked for a number of years at the Miraval Resorts. How did your time at Miraval influence you and affect you?

Working at a destination spa was the last thing that I thought I wanted to do as a massage therapist, but ended being the best experience that I could have asked for after graduating massage school. Miraval was amazing; the atmosphere was serene and beautiful, and the education that I received in my time there was abundant!!! I got to learn so many more types of massage treatments including body wraps, hydrotherapy baths, ayurvedic massages, and hot stone massage (Miraval's signature massage). I loved the fast pace energy, that seemed to move so effortlessly. Averaging seven massages in a shift, and working on so many different bodies with different needs, really exposed me to a variety of ways to individualize the massage that I am giving. I initially thought that I would be doing a series of "fluff –n- buff" massages, but in the end, found it to be just the opposite. Working at Miraval also gave me the confidence that is needed for a massage therapist to succeed and believe! We had about 50 massage therapists that worked in the spa, and up to 25 on a busy night. This is what helped establish that "fast pace" energy… that I seem to work well with, and being such a people person…. I loved working with so many different therapists, and of course making new friends!!

And you've been trained in Thai massage, yes? Tell us about your training, and about your experiences with Thai massage.

Well I was first introduced to Thai Massage at Miraval. We had one or two therapists that were certified and offering Thai Yoga Massage at the spa.

I had seen some Thai massage and was very intrigued, primarily because of how much the therapist was using her whole body, especially her feet and legs! It was after a friend of mine came back to the states after spending 1½ years in Thailand studying Thai massage… He practiced on me one day for 3 hours, (which is a normal time frame for a Thai massage). After receiving the massage, I went to work at Miraval, and the entire night felt like I was floating through the halls in between the seven massages I was doing. That night at work, I felt energized, lengthened and light! I decided then that I had to go to Thailand myself and learn Thai massage to enable me to use my body in a variety of ways that I had not yet encountered during my massage practice thus far.

You will be teaching Thai massage at the Ann Arbor Institute of Massage Therapy. Are you excited about that?

Yes, I am very excited to be teaching at the school; in fact, I just completed my first weekend workshop of Thai massage and it was a huge success!! Incorporating Thai stretches and techniques into my own practice has produced the most effective results for my clients. I loved teaching massage students these valuable Thai techniques that they can integrate into their deep tissue or Swedish massage themselves.

In Thailand, my teacher refers to Thai massage as "yoga for the lazy person". Because the person who receives will experience the same benefits as one would after doing a yoga session. With the receiver fully clothed, the practitioner works on the floor (on a mat) using his or her entire body. The massage includes compressions, Zen line work (meridians), putting the client in some various yoga poses, and a lot of passive stretches. Which I believe to be extra beneficial to the person receiving, for they do not have to hold themselves in any one stretch by contracting antagonistic muscles, but can remain completely relaxed!

You described yourself to me as having been a "gypsy traveler". Please explain.

While I was in Arizona, and teaching at Creative Dance Arts, I began dancing & performing at the Arizona Renaissance Festival with a bellydance/gypsy troupe called Domba. Domba was a huge support for me going to massage school with helping me pay for my school and just by giving me moral support. It was here that I met my future husband, Sundance, an eclectic, free spirited, world traveler, performer & drummer. Sundance and I soon began to travel together attending music festivals and art fairs along the West Coast; performing, selling his handmade drums, my handmade gypsy wares, and doing massage. It was just the beginning of what grew into the Tree of Life!

When did you move back to Michigan from the Southwest? And when did you start, with your husband, the Tree of Life Center, in Chelsea?

I started to become a "seasonal" resident of Arizona once we started to do a lot of traveling. Living in Arizona, from January to May, I began this in 2000. I would work at Miraval while in Arizona, and then did some festivals in June & July, then come to Michigan to work-the Michigan Renaissance Festival. Here Sundance had his own drum booth, and me & my business partner, Heidi, (from Domba) had our own gypsy-clothing booth. I also did massage, and Sundance and I started a world drum and dance group that would perform every weekend. After two years of this, Sundance and I were blessed with a beautiful gift named Solair. Solair is what brought us back to Michigan for good in 2003. We opened the doors to Tree of Life Cultural Arts Studio in August of 2006.

Please talk a bit about the Tree of Life Center, its purpose, and its programs.

The purpose of opening the doors to the Tree of Life was to provide a space for community to come together, open minds and hearts to traditions from around the world, preserve the cultural arts, support the artists in our community, stimulate individual growth, initiate health and wellness to every body, bring innocent joy to others, inspire artistic expression in each and every person, encourage people to share their heart songs, allow the rhythm of life to move freely within our bodies. This is a chunk of our mission statement, thought it would answer part of this question nicely.

Working at a destination spa was the last thing that I thought I wanted to do as a massage therapist, but ended being the best experience that I could have asked for after graduating massage school… Averaging seven massages in a shift, and working on so many different bodies with different needs, really exposed me to a variety of ways to individualize the massage that I am giving.

We have four main branches within the Tree…. "The Studio", where we offer a variety of dance, movement and drum classes including African, Brazilian (capoeira), bellydance, jazz, hip hop, yoga, Nia, tap and hand drumming for kids and adults. "Café Touba" is our organic Tea bar where we offer coffee drinks, teas and smoothies (we were voted best smoothies in 2007 by readers of *Current* magazine). We also have a small retail space called "Ancestral Voices" where one can find hand made drums by Sundance, Silk gypsy wares by me, other treasures from local artists and textiles, carvings and more from around the world. Last but certainly not Least… "Hands *n* Motion Massage center" where Jessica Snyder, Craig Parian and myself offer a variety of massage and bodywork treatments such as: Swedish, deep tissue, hot stone, prenatal, shiatsu, Ayuvedic treatments and Thai Yoga massage.

How much of your work at Tree of Life is giving massages and bodywork, versus the dance and other classes you teach?

I feel like I devote my energy equally to all aspects of the Tree!

Tell us a bit about your belly-dancing classes, and what you enjoy about that.

I really enjoy all of the classes that I teach because each one is unique and brings about different energy, but what I enjoy about the tribal bellydance is the subtle movements and opportunity that it provides to bring people together as it is a community dance.

Giacomelli Interview continues on page 30

Hands On Healing ~ Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

Questions for **Jennifer Giacomelli** *(continued)*

Do you see yourself as a massage therapist, a body worker, and/or a healer? What do those terms mean to you? If you see yourself as a "healer", what does mean? And if not, do you aspire to be a "healer".
I usually refer to myself as a massage therapist, or a body worker, though I have heard clients refer to me as a healer. For me, though, I feel the term "healer" may bring about unrealistic expectations.

What other modalities have you taught, and which ones have you incorporated into your regular practice?
I have trained colleagues in one on one sessions in hot stone massages, and trained new therapists at Miraval on how to do certain body wraps and hydrotherapy treatments. To this day, I pretty much incorporate all of my modalities, especially deep tissue with the Thai, creating a unique table/Thai massage.

You told me that you "have never been great with elusiveness", as it relates to esoteric healing. Please explain.
For example… this question … I'm a very hands on person, I work best with what I can physically feel using my hands and body while still using an intuitive approach.

You also said to me that "any kind of touch is good for souls, our psyches." Please elaborate.
I remember when I was very little, crying, very upset about something, a neighbor boy who was about three years old lightly placed his little hand on my shoulder, I had tingle run through my body, and I instantly felt lifted and cared for. This vivid memory serves as a prime example of the power of touch. Whether it's a great massage, or just a hand to say, "it's ok", touch reminds us that people do care, and nurturing someone is always healthy.

You noted to me that your massage work grounds you, as compared to your work as a dance teacher, which is more highly energized, and which, in your words, "can be like being in Vegas." Can you talk about that?
In the massage room, it's very calm, quiet and serene, which in turn creates a very grounding atmosphere, where as in the dance room, it's loud, booming and buzzing, kind of like Vegas!

Do you absorb the energy of your clients, including (sometimes) their negative energy?
I would say that I do not absorb my client's energy on a mental level, but on a physical level, I have felt waves of energy pass through my body from theirs.

What is really important to you, as a massage therapist, in terms of boundary issues?
Making sure my client feels safe and comfortable; one thing that's nice about the Thai massage is that it is performed with the client fully clothed, which helps people to feel less vulnerable.

What do you like least about your work as a massage therapist and body worker? What is hardest for you?
What I like least is when I find it difficult to accommodate my client's schedule. What is hardest for me is when I give five treatments in a row, all of the same modality. Versatility is the key for me!

What do you love most about your hands-on work with people's bodies?
I feel that working hands on with people's bodies is not limited to my massage practice, but an integral part of my work as a dance teacher as well.
I love most when I can really make a difference for people, in the massage room and in the dance studio. Whether its working out a kink, or helping someone step outside of their box, there's no better feeling then when someone truly appreciates your presence, and my clients and students make me feel that.

Thanks, Jen.
Thanks, Bill.

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Questions for Tohfa Khabir

Tohfa Khabir, 22, works at the Relaxstation in downtown Ann Arbor, and is also a full-time student in a Physical Therapy Assistant program at Washtenaw Community College. She was trained in massage at the Everest Institute. One of nine children, her father is also a massage therapist, and her mother was trained in Reiki.

Where were you raised, Tohfa?
I was born in Pittsburgh. I don't know where exactly I was born, because my mother was traveling somewhere when she went into labor. Three women she didn't know let her have me inside their house. I don't remember anything about Pennsylvania because I grew up in Amherst, Virginia in the middle of the woods.

> Growing up in the woods I was a complete tomboy… If you have ever watched Winnie the Pooh you have seen him wrap his arms and legs around the tree and climb straight up… well I used to be able to climb just like that. I chopped wood, built tree forts, caught snakes...

Tell us about your family background, please.
Most people always assume my family and I are from a different country, but we all were born and raised in the United States. My parents had 9 children and I am number 5. All of my brothers and sisters are old enough to take care of themselves except for the two youngest girls.

Looking back at your girlhood, were there clues that you would be gifted with your hands?
I don't know if there were any clues that I would be gifted with my hands… I played the flute and have always liked using my hands to create things (like arts and crafts). I used to want to be a potter and make beautiful bowls and vases with clay. I still want to learn that art.

Were you naturally athletic or kinesthetic?
Growing up in the woods I was a complete tomboy… used to pride myself on how fast I could climb a tree. If you have ever watched *Winnie the Pooh* you have seen him wrap his arms and legs around the tree and climb straight up… well I used to be able to climb just like that. I chopped wood, built tree forts, caught snakes, and various insects. In middle school, I joined the cross-country team though I didn't run in any of the meets… I loved to run. I also used to play football with my older brother. I would consider myself naturally athletic.

> When you don't have your own business as a professional, you don't get to decide who you should or should not work on as a woman practicing Islam. When I become a doctor, I will treat men and women just like any other doctor.

How long have you been working at Relaxstation?
I have been working at Relaxstation since around October 2006.

Please tell us about your training as a massage therapist? Do you have a diploma or certification… please explain how that works?
I received my training as a massage therapist at Everest Institute. I went to school with my father on the weekends for 10 hours each day for 9 months. Michigan requires about 500 hours of training and I had 700 hours of training and received a diploma. My understanding is that you can go back to school for specialized training in certain areas such as reflexology, and receive a special certificate for that modality. Then you can also take the national certification test so that you are qualified to work in any state. At my school, we received training in many different modalities such as sports massage, trigger points, prenatal, infant massage, general Swedish, and deep tissue. However, I don't have any particular specialized certificates.

What do you mean that you went to school with your father? Was he a student at the same time, or an instructor?
Ironically he was both… let me explain. Yes, my dad and I were in the same massage therapy class (he has been practicing massage therapy for 20 years, but hadn't gone to school to get his diploma). Our instructor Clifford "Ola" Jordan is a Reiki master and, of course, believes in energy healing. My father also believes in and practices energy healing, though he is not a Reiki master. So when another instructor at the school wanted our teacher (Ola) to teach her class about Reiki energy healing, and Ola couldn't make the appointment, he called my father and asked if he could teach the class. My father agreed and wound up changing a whole class of people who didn't believe in energy healing into believers. He did this by asking the class "who has a head ache?" Four women raised their hands and my dad used energy healing to remove all four of their headaches, one at a time.

And you are in school, also, to become a Physical Therapist?
Yes, I am attending Washtenaw Community College as a full time student in the Physical Therapy Assistant program.

What are your longer-term goals?
My long-term goal is to become a doctor, and I am still undecided as to whether I want to go into med school or become a doctor of physical therapy. I still have plenty of time to decide. Once I become a doctor I would like to open a health clinic providing various different natural and alternative health care.

I notice that you give massages to both women and men. Will you talk about that a bit, being an Islamic woman, and the issues which arise from that, for you?
When I first started working at Relaxstation I had intended to only work on females, but that would have been very difficult at a place like Relaxstation where many of the clients are "walk-ins." If I had insisted on working exclusively with women I wouldn't have a job there now because I wouldn't have made much money. When you don't have your own business as a professional, you don't get to decide who you should or should not work on as a woman practicing Islam. When I become a doctor I will treat men and women just like any other doctor.

Do you know other Islamic women in southeastern Michigan who are doing healing bodywork, and have healing practices?
Yes, there are many other Islamic women in southeastern Michigan that do body work and have healing practices. I know other Muslim women who are massage therapists, physical therapists, acupuncturists, and doctors. Many Muslim women are healers.

How did you first become interested in massage and healing?
My parents greatly influenced my interest in natural health care. It was just something that I grew up with and was valued in our household. It was that interest that caused me to want to be a doctor and massage therapy just seemed like a good start.

You have told me that you're interested in Reiki and in energy healing. Please tell us about that.
My mother and father both practiced energy healing and meditation. My mother learned Reiki here in Ann Arbor, and as I mentioned, my father has been practicing massage and energy healing for at least 20 years. When my father and I went to school he would often get called out of class to give energy healings to other students who were in pain that the teachers couldn't help. Once there was a girl who had kidney stones in one of the other classes. She was in so much pain that she was curled up crying on one of the massage tables. The teachers couldn't help her so they got my dad out of class and he gave her an energy healing and her pain was gone within a matter of minutes. My dad explains energy healing as the same concept as jumping a car battery- you have positive and negative energy. All you have to do is provide positive energy and unblock the qi (life force energy) so that the body can heal itself. Growing up with parents like mine it is only natural that I am interested in, and want to learn, energy healing.

Are you a healer, and if so, what does that mean? If not, do you aspire to be one?
A healer is anyone who, for lack of better words, practices healing arts; a doctor, massage therapist, naturopath, physical therapist, spiritual healer etc. I like to think of myself as a healer in training… as I travel through the journey of life, I will always learn new things, I will always be in training. No one knows everything. In the lyrics of Erykah Badu "the man who thinks he knows something, knows that he knows nothing." It is very important to remain humble.

Do you find that you absorb the energy, including the negative energy sometimes, of your clients, from working in such a hands-on way with them? Is that an issue for you?

> I like to think of myself as a healer in training…

No, it's not an issue for me. I usually don't absorb energy from my clients because I use the technique of shaking the energy from my hands as I go along. I also keep a boundary between my feelings and their feelings. I don't let myself get attached to their feelings… I empathize with them but I don't let their energy become my energy. Oftentimes clients come in and their energy is upset (usually because they are in pain), they look upset. If I get upset, then I won't be able to do a good job. There are exceptions, however; when a client has good energy, I use it and it makes me feel better. Most therapists have a client that just makes their day and I am no exception. Earlier, I stated that absorbing energy is "usually" not an issue, that is, because every once in a while when working on someone with a headache, I start to feel what they are feeling out of the blue. When that happens, when it first starts, I use a breathing technique in which I visualize healing energy come into the area of my headache, while breathing in. When I breathe out, I visualize the negative energy leaving. This technique works every time for me and is the reason I don't get headaches. I have not suffered from a headache for any prolonged period of time.

What is really important to you, as a massage therapist, in terms of boundary issues?
The most important thing in terms of boundary is developing a trust and never doing anything that my client or I would feel uncomfortable with, or would compromise that trust. Because I am a Muslim woman, I do not let male therapists massage me. All of the male therapists at relaxstation understand and respect this.

I know you also work at a physical therapy clinic that specializes in working with people who have been in car accidents and other accidents. Tell us about your experience working there.
I worked at a physical therapist clinic in Detroit, and from my experience there I believe that massage therapy should be a crucial part of physical therapy. So many people that have been injured would improve much quicker and better if they received massage therapy ASAP after their injury.

I was in a rollover accident going to work last winter on a Sunday morning. I slid on some ice and wound up upside down in a ditch off the right shoulder. When I went home and got over the shock I started feeling the pain and tightness in my neck; because my father is a massage therapist I had a neck/ shoulder massage 2-3 times a day (short massages of 10-15 minutes each) for the rest of the week.

> I understand what people who have been in accidents go through, and I think that it's a shame that they usually don't get the treatment they need when they need it… it would make such a difference.

I was back at work the following Sunday massaging the pain from other people's necks. I understand what people who have been in accidents go through, and I think that it's a shame that they usually don't get the treatment they need when they need it… it would make such a difference.

What is hardest about your work?
The hardest thing about work is making sure I manage my energy levels and staying on top of everything. It can be very stressful and tiring if you don't get a chance to rejuvenate.

What do you find most satisfying about your work as a massage therapist and physical-therapist-in-training?
The most satisfying thing is knowing you have the ability to make someone feel better.

Thank you, Tohfa.

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We're interested in journalistic articles, fiction and non-fiction stories, personal essays, commentary, thought pieces, and interviews with interesting people in the wider holistic community. For more information, or to suggest story ideas, contact Bill Zirinsky at bill@crazywisdom.net or call him at the store at 734-665-2757.

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Hands On Healing ~ Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

Questions for Gillian Udrys

Gillian Udrys, 37, worked for a number of years as an occupational therapist in acute settings, before getting into the world of massage. She recently graduated from the Ann Arbor Institute of Massage Therapy, and she is working at the Physical Medicine and Rehab/Spine Program at the U of M. She is the mother of two young daughters.

Where were you raised, Gillian?
I was raised here in Ann Arbor. I moved here with my family just before I started 1st grade; it was a great place to grow up.

When did you complete your educational program at the Ann Arbor Institute of Massage Therapy (AAIMT), and what are you doing now?
I finished in August of this year and the great thing about the AAIMT program is that I've been working with people for nearly a year, now; we start our "hands on" training almost right away. As far as work, I'm with the Physical Medicine and Rehab/Spine Program at the U of M, as well as participating in a teaching assistant program at AAIMT.

I know you were also trained as an occupational therapist. Please give us a sense of your life path over the last fifteen years which led you to becoming a massage therapist and bodyworker?
I worked for a number of years as an OT before having children, and was fortunate enough to be able to stay home with them until they reached school age; once they did, I wanted to go back to work but branch out a bit, still utilizing my background in OT. Looking back, had I known more about massage therapy 15 years ago I may have chosen a different path, but I'm very happy with how I've come to be where I am now. I think my background in OT gives me a great foundation and perspective to incorporate into massage therapy.

…If there was a tree around, I would climb it; any sort of horizontal bar, I would swing on, hang from or flip off it… and not a broken bone to speak of!

Yes, I was very tactile as a kid, I still am really; I needed to feel things and move things, to see how it worked or what it was all about. I'm very much a kinesthetic learner…

As you look back on it, what 'clues' were there that you would end up in a profession which is about touch and body awareness. For instance, you told me that as a child you liked climbing trees and you were very physically active. What other 'clues' were there?
Yes, I was pretty active; if there was a tree around, I would climb it; any sort of horizontal bar, I would swing on, hang from or flip off it… and not a broken bone to speak of! I can remember, as a kid, being really curious about how my body moved and what it could do. I would push my knee cap around as far as it would go and poke around underneath to feel what was there; I'd wiggle my fingers and watch my forearm "jumping" up near my elbow or grab the tendon ("ropy thing" when I was a kid) at the back of my knee and try to hold onto while I straightened my knee; things like that. So when I started learning about anatomy and physiology in school, I was hooked, I loved it.

So, then, you were very "tactile" as a kid? You were kinesthetically intelligent?
Yes, I was very tactile as a kid, I still am really; I needed to feel things and move things, to see how it worked or what it was all about. I'm very much a kinesthetic learner; I need to do and be in action in order to feel like I fully understand how something works or how something should be done. I have a pretty good sense of my body in space and in motion, I think that's why it's easier for me to learn things by moving and doing than just reading or watching.

You told me that you love "educating people about their bodies". Will you talk about that?
I think it's partly selfish, because I have such an interest in it myself; I want to share that interest with people in hopes of helping them understand a little more about their body. I really enjoy seeing the "ah-ha" moment when things click and make sense. When you understand where muscles are and what they do it may help you understand where the pain is coming from and why; possibly realize something you're doing to perpetuate the pain cycle. I think it's common to take for granted what we can do until we can't do those things anymore. Educating people about their bodies brings about a certain level of self-awareness; which, I hope, in turn, leads to a healthier way of life.

And what was the focus of your work as an occupational therapist?
I mainly worked in acute care, hospitals and rehabilitation settings. I was part of a team approach to rehab; working with physical therapists, speech therapists, social workers, nursing staff and of course, family. I worked for an orthopedic surgery group for a short time, as well, which focused mainly on therapy for upper extremity/hands.

You told me you loved the AAIMT program, and that it was "fantastic". Why?
Well, it's a very comprehensive program. We learn many different massage techniques, in-depth skeletal and muscular anatomy, fundamental physiology of the major systems of the body and always tying in the effects and benefits of massage therapy; the body/mind connection was always stressed.
I felt like I got a lot from each instructor, too; each has his/her own style and focus, their own perspective and experience in massage therapy. I think it's very important to learn from different sources and take what you need from each in order to develop an individual style and approach of you own. It was a challenging year but I really enjoyed it!

I know you get to practice a great deal on family and friends, and other students, when you are going through the AAIMT program. Talk about the role of critiquing and feedback in the development of a bodyworker?
I think it's extremely important because as the bodyworker we don't have the opportunity to experience our own work, we don't know what our touch feels like. All the feedback we're given is another important guide in the learning process; without it we have no idea if we're effective. It helps build comfort and confidence and that's a big component to being a good massage therapist.

> The specific techniques we learn require a pretty thorough knowledge of the body in order to be effective.

Did you learn some complementary modalities, also? And if so, which ones?
Yes, we did; Reflexology, Shiatsu, Aromatherapy, Alexander Technique, Trager and Thai massage were some we learned and learned about. We spent a lot of time with Reflexology and Shiatsu and learned a fair amount about the fundamentals of the eastern approach.

To what degree did your massage training stress the mind/body connection, and the emotional elements of wellness?
The mind/body connection was always stressed. If you think about what people do if they're scared or under a lot of stress; their bodies tense. It's less apparent right away, when our bodies are under emotional stress as opposed to physical stress or injury. Eventually prolonged stress, emotional or psychological, starts to manifest itself physically. It's much more apparent when we suffer physical injury or trauma; broken bones, sprained or strained joints, or bruises. A massage therapist may find an area in a muscle that when touched and worked on evokes an emotional response; a place in the muscle that has "remembered" or "held on to" stress; something the client may be completely unaware of. Our bodies and minds seem to be connected and work together in ways we're unaware of; quiet powerful, really.

How interested were you at AAIMT in learning anatomy and physiology? Please talk about the contribution of rigorous training in the education of someone working on the body.
I love anatomy and physiology! I think the amount we learn is very important to someone wanting to become a good massage therapist. The specific techniques we learn require a pretty thorough knowledge of the body in order to be effective. I think there have been some misconceptions about massage therapy and its potential role as a therapeutic tool in physical and emotional wellbeing. To be a part of someone's recovery from, say, a rotator cuff injury, as a massage therapist, we have to know which muscles are involved, where those muscles begin and end, what those muscles do and the healing process of that muscle tissue.

Do you think some people are just "naturals" in bodywork and massage?

> I think it's common to take for granted what we can do until we can't do those things anymore.

I do. There are some people who start out very comfortable with what they're doing and have a nice touch and flow to their work.

In your program at AAIMT, were there students who were really excellent in the cognitive tests, but just not so good with their hands? And vice versa?
Yes, I think just like people who are "naturals" there are people who have to work harder at one aspect or another. Some may, initially, be less comfortable with table work and having their hands on another person, while others will have a harder time with the book learning. Each has his or her own skill set.

I can think of a really excellent massage therapist I know, really natural with his skills, who is not so good with the head and neck. When I mentioned that to you, you said he was probably apprehensive around "endangerment spots". Please explain.
Well, when I say endangerment sites, I mean areas where nerves and blood vessels are exposed and not protected by a lot of muscle or boney structures; places where a lot of pressure shouldn't placed. There are a few in the neck and the back of the knee is another. I said he may have been a little apprehensive because I know I was when I first started working around the head and neck. You say head and neck and think vertebral column and spinal cord, it's a pretty vital area of our bodies; another reason it's very important to have a good understanding and knowledge of anatomy.

Where would you like to be in 5 years? Would you like to do some training in craniosacral massage, and/or some Eastern methodologies?
I definitely want to gain some training in craniosacral massage. I've had limited exposure to it but have heard from both practitioners and clients that it's an effective form of massage therapy. In 5 years I see myself here in the area thriving as a massage therapist, whether on my own or with a group, I don't know, and teaching in some capacity. I've discovered that I really enjoy sharing what I've learned with others, especially in a hands-on environment…probably because I love learning that way.

Are you a "healer"? What does it mean, to you, to be a "healer"? If you're not a healer, do you aspire to be one? If not, why not?
I see myself more as a tool in the healing process; it's very much a combined effort on my part as well as the client who comes to me. I can provide the physical modality to help during the process of healing and tissue repair, or release physical and emotional stress that may be held in muscle tissue. I can provide a place and time for someone to "turn off" for an hour, some time to relax where they may not be able to do it otherwise. Ultimately it's the person who comes to me who will complete the healing process; possibly making changes where needed to break a cycle that may be perpetuating pain or dysfunction.

AAIMT keeps training and sending out into the world of southeastern Michigan dozens of newly certified massage therapists each year. How is the "marketplace" right now for bodyworkers and massage therapists, as far as you know? And is the demand for them keeping up with the supply?
I think the "marketplace" as you say, is good for massage therapists; I think general awareness and knowledge about what we do has increased in recent years and continues to improve. As for the number of people AAIMT educates and trains every year, in my experience, that's okay, too. I feel like there are as many niches in which massage can be utilized as there are reasons people seek the training. The supply-and-demand seems to be pretty well balanced; as with anything, it is what you make it.

How do you manage, for yourself, not absorbing your clients' energies, so as not to be drained by them? Is that an issue for you? I know it is for some bodyworkers, and not for others.
It hasn't been an issue for me, to this point; I think some practitioners are more susceptible to certain energies and have to set boundaries and have ways to avoid being drained of their own energies. I try to create an open, positive atmosphere when I work with people; I focus on my intent what I feel in the tissue.

What is really important to you, as a massage therapist, in terms of boundary issues?
Well, I think maintaining a safe and professional environment for my clients as well as for myself is very important. The massage therapist/client relationship is a fairly intimate one, given the nature of massage, so there must be trust and respect; emotional and physical boundaries need to be established and understood by both therapist and client. I think, ultimately, it's the role of the therapist the set those boundaries. Part of our role is to be understanding and nonjudgmental but not become counselor/massage therapist or involved in personal lives. It's a fine line but an important one for the client and massage therapist to stay on their respective sides.

What do you like least about your work as a bodyworker and massage therapist?
The misconception that massage therapy isn't therapeutic; that's my biggest frustration. Massage can be beneficial for insomnia and anxiety as well as tight sore muscles. I think it's all about educating people about massage, the more people know about massage and its benefits, the better we'll all be.

What do you love about your work as a bodyworker and massage therapist?
Everything! I'm so happy to have found something I really love doing. I really enjoy the opportunity each client gives me to be a part of their process to a healthier body. It's an opportunity for me to use the knowledge I have and the tools I have to help people to a healthier, happier body and I love that. My satisfaction comes with people telling me they feel much better and what I did really helped. It really makes me feel good about what I do.

> …As the bodyworker we don't have the opportunity to experience our own work; we don't know what our touch feels like. All the feedback we're given is another important guide in the learning process; without it we have no idea if we're effective. It helps build comfort and confidence and that's a big component to being a good massage therapist.

Do you have a family?
Yes, I do. I've been married for almost 12 years now and have 2 daughters; Annika who is 8 years old and Nora who is 7 years old.

Anything else you'd like to add?
Just to thank you for this opportunity, it's been fun to reflect on the past year and a half of my journey to becoming a massage therapist.

###

Hands On Healing ~ Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40

Questions for Eril Andes

Eril Andes, 30, was raised in Ann Arbor, and she was trained in massage at the Ann Arbor Institute of Massage Therapy. She is currently working at J'Spaa on Jackson Road, and she is at the final level of her multi-year training program at Ann Arbor's Polarity Center to become a polarity practitioner. She is also the mother of a young daughter.

You told me, Eril, that rather than go to college you decided to "find what I was interested in and then study it briefly." Can you tell me about your path to becoming a massage therapist and bodyworker?
My path to becoming a massage therapist was more of a calling than a career opportunity. I had always had an interest in the healing arts and knew that I would work in this area in some capacity. I was just unsure which one. My desire to become a massage therapist began to emerge when I was living in Florida. I had been corresponding with a good friend and mentor, who asked me if I had ever considered pursuing a career in massage. This question really resonated with me, and I began to investigate programs in Florida. I quickly realized that I had much more support back in Michigan and made arrangements to return home with the goal of enrolling in a massage program.

You mentioned to me that a friend of yours bought you your first massage table. How or why did that come to pass?
When I returned from Florida, I promptly enrolled at the Ann Arbor Institute of Massage Therapy (AAIMT) to begin classes that fall. As I just mentioned, my friend and mentor, a woman named Dr. Elizabeth Poage Baxter, was highly supportive of my decision to begin studying massage. In passing conversation I shared with her that I had a friend who was selling a massage table, and she offered to buy it for me as an investment in my future career.

> The polarity model holds that when energy systems function both in their natural state and without significant blockages, inherent health and balance can be experienced.

You have talked to me about being a "five sense observer." What do you mean by that?
Not to get ahead of myself, but this ability really began to emerge when I started studying polarity. I realize now that this was a skill I was employing in previous massage sessions, but polarity provided me with the context in which to define it. By "five senses observer," I mean when doing an initial intake with a client I find that I am gathering information using all my five senses. This provides me with increased insight when we work together to create a treatment plan.

You attended the AAIMT. How long were you studying there? What does their program consist of? Do you feel they did a good job of training you?
The AAIMT program that I attended was a 650-hour program that consisted of both classroom and hands-on training. It was a thorough program that provided me with an extremely solid foundation upon which I could build. It took a year to complete one of the best educations I could have asked for in this field. I got an amazing start in my profession as a massage therapist at AAIMT.

> Talk therapy doesn't really pertain to my current focus. I found out early on that my talent came kinesthetically, and my heightened communication skills, due to being raised by a pair of therapists, came secondarily.

After getting your diploma from AAIMT, what did you do first in terms of beginning your massage practice?
The first step I took was to create a business plan for Ella Massage, the business I wanted to own and operate. I was fortunate enough to find an affordable location in Whitmore Lake to have my practice and began marketing myself as a massage therapist. Whitmore Lake is a smaller community and I was able to begin to build my practice through advertising and word-of-mouth referrals.

You worked in Whitmore Lake for a few years and then moved back to Ann Arbor? Did you work out of your home?
When I began working in Whitmore Lake I had an office space in a small work-out facility and then moved my practice to the office of Dr. Jerry Burbaum, a naturopath and bioenergetics bodyworker. I worked in this location for three years before returning to Ann Arbor, where I began to practice out of my home following the birth of my daughter. This is another aspect of massage therapy that I find very appealing, as I was able to work out of the house for my daughter's first two years.

And now you are working where?
I decided to move my practice out of my home because I wanted to expand my clientele and was ready to be around adults again. Initially, I divided my appointments between my home and the J'Spaa on Jackson Road, eventually making the transition to the J'Spaa full-time. I have found it enriching to have the opportunity to work with skilled practitioners in an environment that supports a holistic approach to self-care.

Can you talk about the spectrum of reasons people come to see you for?
People come to see me for myriad reasons that range from

relaxation purposes to stress management. Clients also come to see me for chronic pain and postural dysfunction. The reasons that people seek massage therapy are highly individualized.

How many of your clients are long-term and how many are just one-shot deals?
"One shot deals" isn't necessarily a fair description. People comprehend their need for support differently. For some their needs may be met with one massage, but many seek and attain the benefits of ongoing care. Either way, I am happy to accommodate the diverse needs of people that seek massage as a means of self-care.

> What I have learned has compelled me, both personally and professionally, to make the changes in my own lifestyle that I would recommend to my clients.

You grew up in an interesting Ann Arbor family, with both of your parents having worked as therapists, and both of them having been on paths of personal and spiritual growth. Can you talk about how this has influenced your own path?
I was fortunate to be raised in an environment that supported growth of all kinds. It was a blessing to have such open-minded parents that worked deeply on bettering themselves and others. I learned early the benefits of self-discovery, which had a great impact on starting me on my own path as a healer.

Also, with respect to your own path, you mentioned to me that with your upbringing and family life much got talked about, and you knew you "didn't want to do talk therapy." Please elaborate.
Talk therapy doesn't really pertain to my current focus. I found out early on that my talent came kinesthetically, and my heightened communication skills, due to being raised by a pair of therapists, came secondarily. Both of my parents have been wonderful role models and taught me the importance of honoring one's own growth process. However, my skills and experience directed me towards hands-on work.

You are now being trained to be a polarity therapy practitioner?
That is correct. I am fortunate enough to know Karen Kerns, a local polarity practitioner and instructor, who is a driving force behind my desire to learn this modality. Within my daughter's first year, I had a strong desire to expand my skill base. My mother suggested that I connect with Karen and enroll in classes through the Polarity Center.

Can you explain to our readers what that consists of?
A polarity therapy practitioner is trained in a mentorship style program, with a curriculum that includes orthodox anatomy and physiology, energy exploration, and how they are integrated.

Where are you doing your training and with whom?
I am completing my training at the Polarity Center. I am currently finishing Level IV, which is the final level of polarity training. John Bodry, Karen Kerns, and Renee Rutz are highly trained practitioners and very skilled instructors, and I have had the benefit of learning from them.

Can you describe Polarity Therapy for our readers?
Polarity therapy is a subtle-touch therapy that works on treating the whole person and supporting the body's natural self-healing abilities. The polarity model holds that when energy systems function both in their natural state and without significant blockages, inherent health and balance can be experienced. When treating the whole person, a polarity practitioner uses energy-based bodywork in conjunction with anatomy and physiology to help bring balance and awareness to the body.

You explained to me that in becoming a Polarity Therapist, you are having to reckon with making profound changes in the way you practice, and reckon with making complete lifestyle changes. Can you talk about that?
I have been exposed to information that has given me a deeper understanding of the balance and flow of energy. What I have learned has compelled me, both personally and professionally, to make the changes in my own lifestyle that I would recommend to my clients.

How is massage different from polarity?
Massage involves working on soft tissue and the muscular structure to relax the body and/or alleviate physical discomfort. Polarity involves addressing energetic as well as physical components.

You said to me that in learning Polarity, you "don't want to cram it all in, I want it to be slow and steady…I am learning patience and confidence." Please talk about that issue, as it pertains to becoming a Polarity practitioner.
I have been working on my Polarity training for three years. My curriculum has been intentionally structured so that one cannot rush through it, but provides ample time to ingest the information we are learning. In order to begin working on clients, it is essential that we have a thorough understanding of the profound effects of Polarity. Therefore, as budding practitioners we participate in our own Polarity process to best be able to identify and address our future clients' needs.

When does a massage therapist become a healer? What does it mean, to you, to begin to think of yourself as a healer, not simply a massage therapist or polarity therapist, or a bodyworker?
In essence, a massage therapist is a healer. When giving a massage, the goal is to help your client to feel more comfortable in his or her body. I began to think of myself as a healer when I was able to see and hear from my clients the difference that massage was making for them in their lives. I then realized the profound effect of helping someone work towards wellness. I wanted to expand my knowledge base, to allow me to help a broader spectrum of people on a variety of different levels.

Anything else you'd like to add?
I must mention how eternally grateful I am to my mother, Catherine Lilly, for her facilitation and support of my continuing education in massage and Polarity. Without her it would have been considerably harder for me to achieve these goals. There are also numerous other individuals, from babysitters to bodyworkers, who have been indispensable in my pursuit of a greater education.

###

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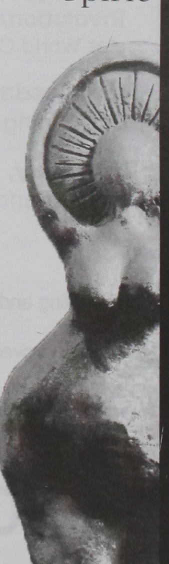

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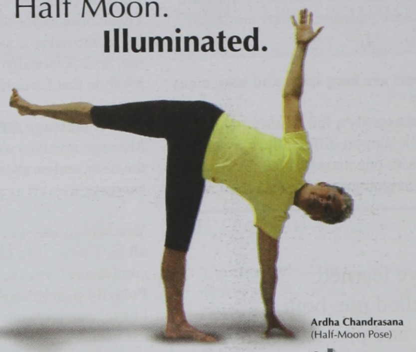

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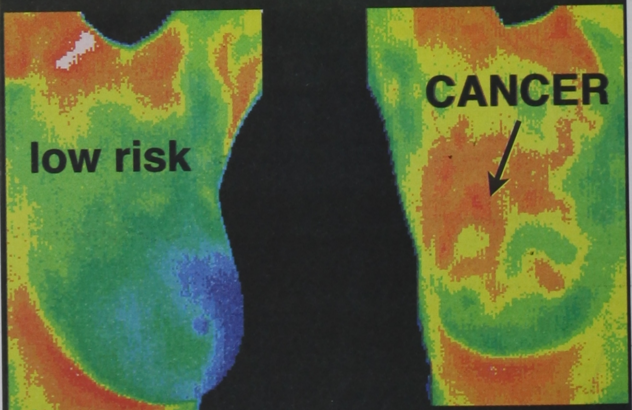

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The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops and Events

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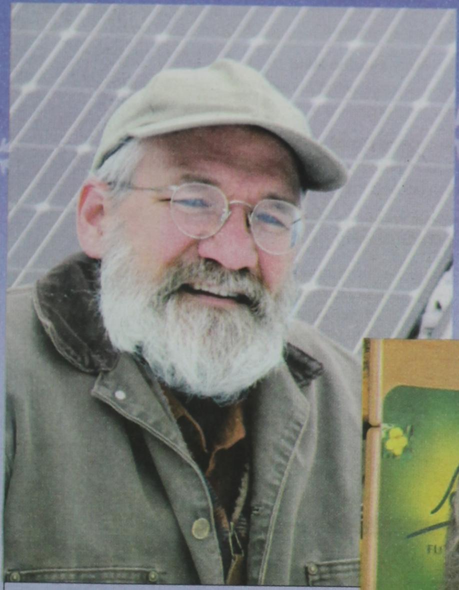
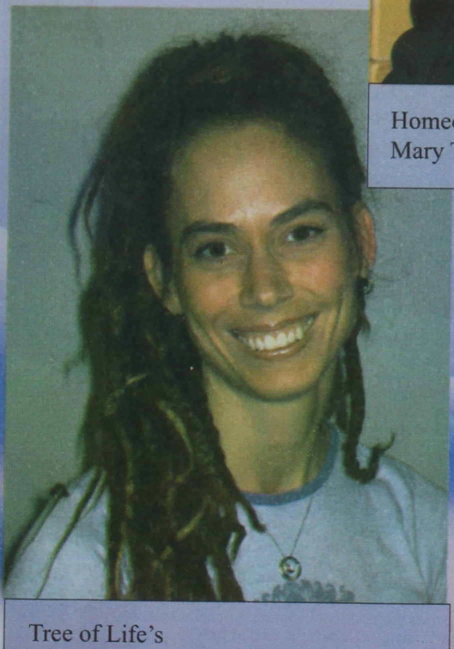


Dave Strenski
and Solar Power on page 12

Massage Therapist
Eril Andes on page 34

Homeopathy Teacher
Mary Tillinghast on page 65



Tree of Life's
Jennifer Giacomelli on page 28

Allegra Corwin-Renner and
New Moon Sing on page 40

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March 20, 2009 — **7-9pm**

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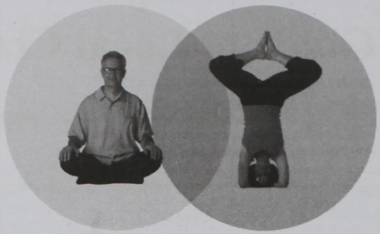

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	Opening Your Heart		2:30 pm – 5:30 pm
Sunday:	**Opening the Gates**		
	Unlocking the Lower Body		9:30 am – 12:30 pm
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Author Events
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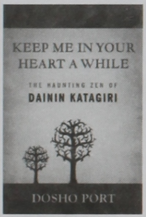
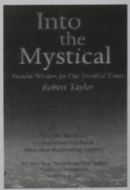


Book talk and signing with Dosho Port, author of *Keep Me in Your Heart A While: The Haunting Zen of Dainin Katagiri*
Sunday, February 8th at 3pm Crazy Wisdom Tea Room
In this talk Dosho will offer a Zen perspective on fully living our one great life, beginning with clarity about our innermost request and vowing to fulfill it here and now. Here's an excerpt from *Keep Me In Your Heart A While:*
"...Vowing can be given life by getting out of bed and sitting zazen in the morning, quietly cultivating a generous mind, giving attention to the "tips of the hundred grasses"—the seeing, hearing, tasting, smelling, touching, thinking of the moment at hand. Not sticking onto any of it as me, myself, or mine—giving up our "self" project.... We can eat our breakfast with our family or alone, giving our awareness to all the guests that arise and pass. Throughout the day, we can give up our habit of constantly placing our fleeting selves in the starring role in the drama of life."
Dosho Port is a Soto Zen priest and disciple of Dainin Katagiri-roshi. Dosho began studying Zen under Katagiri-roshi's guidance in 1977 and trained with him until his death in 1990. Dosho teaches with Wild Fox Zen, Transforming Through Play Temple in White Bear Township, MN, and maintains an active Zen blog (wildfoxzen.blogspot.com). He is the a full time parent half of the time and works with teenagers with behavior issues.

Book talk and signing with Robert Taylor, author of *Into the Mystical: Ancient Wisdom for Troubled Times*
Sunday, February 15th at 2pm Crazy Wisdom Tea Room
Robert Taylor will speak on his book *Into the Mystical: Ancient Wisdom for Troubled Times*, a book that explains how to apply ancient Vedic teachings to modern times. Robert lived as a monk in India and was initiated into an ancient technique of divination known as Brigu Yantra. Each person who purchases his book at $15 per copy will also receive a prediction of his/her next 12 months from this Indian mystical oracle.
Robert Taylor is a 35-year scholar and teacher of Vedic philosophy and has been a lifelong practitioner of Bhakti Yoga. He has been a featured speaker in many countries worldwide and a frequent writer in various metaphysical journals. He has also hosted several media shows on spirituality. He currently produces and hosts the popular holistic metaphysical TV show *Out of the Ordinary, Into the Extraordinary*.



Book talk and signing with Chrissie Blaze, author of *Superstar Signs: Sun Signs of Heroes, Celebrities and You*
Sunday, March 29th, 1pm Crazy Wisdom Tea Room
In this talk on astrology, author/astrologer, Chrissie Blaze will illustrate the power of the Sun Signs with examples of heroes from history and modern celebrities. Chrissie teaches that the underestimated Sun Sign in astrology is like a contract your Soul made with you before birth of the way you should live your life. If we center ourselves in our Sun Signs, then we can more easily achieve our destiny.
Chrissie Blaze is a professional astrologer, international speaker, regular media guest, columnist, and author of seven published books. Her latest book is *Superstar Signs: Sun Signs of Heroes, Celebrities and You*, O Books, October 2008. She recently appeared for seven nights on *E! Entertainment Network* talking about horoscopes, and correctly predicted many stages of the Presidential Election, including who would be nominated as President, on radio and in print. She writes monthly horoscopes on her popular website www.chrissieblaze.com

Book talk and signing with Michelle Belanger, author of *Haunting Experiences: Encounters with the Otherworldly*
Saturday, April 25th at 3:30 in Crazy Wisdom Tea Room
Join Paranormal State's repeat guest Michelle Belanger as she debuts her latest book, *Haunting Experiences*, and recounts tales of the ghostly encounters that led her to accept and develop her abilities to perceive and communicate with the dead. (Book available April 2009)
Best known as the author of the *Psychic Vampire Codex* (Weiser, 2004), Michelle Belanger is a skilled energy worker and the founder of House Kheperu. An arresting figure of six foot one, Michelle is a dynamic speaker as well as a gifted writer. Creative and driven, she does not limit herself to magick and psychic phenomenon alone but engages in a variety of creative outlets from fiction to music to the visual arts. The book talk and signing will be followed by "Reading the Energy Body" with Michelle Belanger. We are beings of both matter and spirit, and just as we get regular check-ups for our physical bodies, our subtle bodies need regular maintenance as well. Like Siamese twins, the health of one has a marked influence over the health of the other. Michelle will introduce the concept of the subtle body, teaching participants how to sense major structures such as the chakras and energy channels, as well as how to identify and deal with stagnant, blocked, or damaged areas of energy.

For more info., call Rachel Pastiva at Crazy Wisdom Bookstore, 734-665-2757, or email her at: rachel@crazywisdom.net • www.crazywisdom.net

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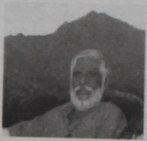

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The Crazy Wisdom Calendar

Abundance & Prosperity

Manifesting Abundance with Rev. Cathy DeLauter • Tuesdays, Jan. 20-Mar. 24; 7-9 p.m. • This class applies principles and teachings from *Creating Money* by Sanaya Roman and Duane Packer. We will shift our consciousness into increased prosperity by releasing thought forms and patterns that no longer serve us. Manifestation exercises facilitate the activation of this new state of abundance and prosperity. $70. Call 678-4900; cdelauter@yahoo.com.

Acupressure, Shiatsu & Reflexology

Energy Meridian Conditioning Seminar with Ryan Wilson of White Crane Michigan Dojo • Jan. 27 or April 21, 7-8:30 p.m. • Learn to exercise and condition your acupuncture energy meridians with light weights and dynamic tension exercises. There will be a set of simple exercises and a booklet detailing methods for focusing, balancing, and strengthening the subtle energy pathways. Light weights provided or you may bring your own. $45. Call Cinda Hocking at 417-7161; whitecranemichigan@gmail.com.

Reflexology at Ann Arbor Institute of Massage Therapy with Prema Lindsay Smith • April 4-5, 9 a.m.-5 p.m. • This is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes of the feet. We will explore the history dating from 3000 B.C. to current, international research as well as its clinical significance. The basic for treatment evolves from the harmful effects of stress on the body's system. $250 or $225 AAIMT graduate. 14 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Animal Healing & Animal Spirit

Herbs for Pets with Linda Diane Feldt through People's Food Co-op • April 23, 7-8:30 p.m. at Crazy Wisdom Community Room • Can your pets benefit from herbal remedies? What can we do to keep our animals healthy? Free. Call 994-4589; info@peoplesfood.coop.

Animal Healing Course through Self Realization Meditation Healing Centre • April 25-26 • For those who wish to learn how to give natural spiritual healing to animals. Working with love and respect for all animals, the course shows how to help enhance the animal's quality of life and to stimulate their body's own healing mechanism. This is a very practical and supportive course, giving students all they need to use this beautiful discipline professionally or in their own home. $225 includes vegetarian lunches and refreshments or $272 includes lodging and all meals. Call 517-641-6201; info@selfrealizationcentremichigan.org.

Questions for Tammy Corwin-Renner of New Moon Sing

Photo by Paul Tinkerhess

Tammy Corwin-Renner leads New Moon Sing for women and girls. She also currently teaches private piano and recorder lessons, and directs two Threshold Choirs in Ann Arbor.

Pictured left *(l to r)*:
Tammy Corwin-Renner,
Emily Corwin-Renner, Allegra Corwin-Renner,
Margo Lowenstein,
and Ruby Lowenstein.

Pictured right *(l to r)*:
Ruby Lowenstein,
Emily Corwin-Renner
and Allegra Corwin-Renner

For New Moon Sing's listing in the Calendar, see the Children and Young Adults section on page 46.

What exactly are the New Moon Sings you've been leading?

The New Moon Sing meets monthly on the New Moon to sing and empower girls ages 8-18 and their mothers, aunts, grandmothers and women friends. We sing songs that honor ourselves as individuals and as part of a community, and songs that acknowledge the inspiration and gifts of the changing seasons & the cycles of the moon.

Why did you decide to make an effort to bring together girls to sing?

My fondest memories are singing around a fire with women and girls in Girl Scouts. I was inspired to create a group that encourages girls and women to be their authentic, creative, beautiful selves. When we are comfortable in our singing voice, our inner voice and speaking voice are strengthened, which enables us to follow our heart's desire.

What were your favorite songs when you were a girl?

I have always loved the harmony of rounds, I sang "Make New Friends" and "White Coral Bells" daily with my friends. I saw the Sound of Music when it first came out in the theatres, and sang the songs over an over. As a teenager, "I'd like to Teach the World to Sing" (in perfect harmony) became one of my favorite songs. It's still my theme song. I believe if we all sang together, the world would be a more peaceful place.

Did you come from a singing and musical family?

Actually, my parents were not musical, nor did they sing. My mother appreciated beautiful music and loved to have musical recordings playing throughout the day. I sang and danced everyday as a young child to the little golden "78" recordings. My mother supported my love of music by signing me up for piano lessons, allowing me to participate in band and chorus, and later, encouraging me to study music in college.

Energy Healing with Animals with Ray O. Golden of Center for Intuitive Health • Jan. 31-Feb. 1 or Feb. 28-Mar. 1; Friday 7-9 p.m., Sunday 10 a.m.-6 p.m., Monday 7-9:30 p.m. • This class is oriented towards working with animals. The first two days are the traditional Reiki One class. The third day is focused on using Reiki with animals. Only people are to attend class. For cost, call 663-9724; intuitivehealth@aol.com.

Pet Massage Foundation Workshop with Jonathan Rudinger • Feb. 1-7, Mar. 8-14 or April 19-25, 9 a.m.-4 p.m. each day • We discuss, demonstrate, and practice massage, energy and body mechanics, theory and techniques, legal issues, business ethics, and marketing. This workshop has been described as personal development and enrichment through the medium of canine massage. $1,400 includes all required texts. Call 800-779-1001; www.petmassage.com.

Pet Massage Water Work with Jonathan Rudinger • Feb. 16-20 or April 6-10, 9 a.m.-4 p.m. each day • This is a very specialized class that helps students develop skills to massage dogs in water. Learn to understand and access water's dynamics, flexibility, and therapeutic value. $1,200. Call 800-779-1001; www.petmassage.com.

Pet Massage Advanced Workshop with Jonathan Rudinger • Mar. 22-28, 9 a.m.-4 p.m. each day • Learn the net tier of Pet Massage techniques. Expand on studies of physiology, anatomy, pathology, body mechanics, ethics, TCM, and energy practices. Pet Massage Foundation Workshop is a prerequisite. $1,400 includes workbooks, text, syllabus, and audio set. Call 800-779-1001; www.petmassage.com.

Pet Preparation before Baby Comes with Sisters of Mercy Health • 7-9 p.m. • This class educates dog and cat owners about common behavior problems that occur and strategies to prevent them. $20 per couple. For dates, call 712-5400 or 800-231-2211; www.sjmercyhealth.org.

Aromatherapy

Bringing Essential Oils to You with Nicole Pacquin of Indigo Forest • Jan. 20, Mar. 3 or April 21; 6:30-8 p.m. • Did you know that essential oils were mankind's first medicine? Come learn why essential oils are so amazing and how you can use them for health and home. $30 or $50 per couple. Call 994-8010; info@visitindigo.com.

Art & Craft

Adult Art Courses through Ann Arbor Art Center • Winter semester runs Jan. 20 through mid-March • Courses are offered for artists of all ages and abilities. Please see listings for kids under "Children & Young Adults". For details, visit www.annarborartcenter.org.
Ceramics: Basic, Intermediate, and Advanced Ceramics; Wheel Throwing 101; Wheel Throwing: A Focus on Technique; Figure Sculpture
Drawing: Drawing Fundamentals, Figure Drawing, Color Mixing with Pastels, I've Always Wanted To...
Painting: Basic, Continuing, and Advanced Watercolor; Painting 101; Intermediate and Advanced Painting
Jewelry: Basic, Intermediate, and Advanced Jewelry Making; Casting

Adult and Teen Art Courses through Chelsea Center for the Arts • Courses are offered for artists of all ages and abilities. Please see classes for kids under "Children & Young Adults". For details, call Molly Root at 433-2787; www.chelseacenterforthearts.org.
Collage/Mixed Media with Nicole Pangas Henry • Mondays, 1 p.m.
Fun and Functional Pottery • Mondays, 4 p.m.
Intermediate Watercolor Studio with Cathy Barry • Tuesdays, 1-3 p.m.
Drawing the Human Figure with David Shkolnick • Tuesdays, 7:15 p.m.
Beginning Watercolor with Nancy Solo • Wednesdays, 6 p.m.
Works in Progress for Painters • Fridays, 9 a.m.
Beginning Oil/Acrylic Classes with Cathy Barry • Saturdays, 9 a.m. and 10 a.m.
Landscapes and Mindscapes with Dani Davis • Saturdays, 1:30 p.m.
Young Visionary Painting and Mixed Media with Dani Davis • Saturdays, 4 p.m.
Fused Glass Colorful Necklaces with Karen Smith • Feb. 14, 2:30 p.m.
Crash Course Drawing with Ivan Kende • Mondays, 6 p.m.
Free Try-It Day! • Jan. 10, 1-4 p.m.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 64.

How many kids do you have? Does your husband like to sing, too?

Dan and I have two musical daughters -- Emily is 16 and Allegra is 13. As a family we've sung together, folk danced and even had a family band for a while.

Do you ever get a chance to sing outside with a group, or with the New Moon Sing?

I sing outside alone and with groups...The New Moon Sing meets outside in the evening around a fire. The birds and insects often sing back to us. The magic of nature, fire, singing and stars... creates a oneness with ourselves, nature, and all beings -- it's wonderful!!!

Where's the most wonderful place you've ever sung at?

Photos by Paul Tinkerhess

There are several - the top of a Swiss mountain on my 21st birthday, with the vibration of Niagara Falls, and with The Miami University Collegiate Chorale in several Cathedrals of Europe. Recently, I sang with the Threshold Choir at the new St. Joseph Parish, near Dexter -- the sanctuary has amazing acoustics.

Are you one of those people who sings all day long, or just in structured settings?

I sing throughout my days - some days, some years, more than others. I sing while I walk, work in the garden, while I'm cooking, when I'm happy, when I'm sad. Songs come to me and I just start singing.

Do you sing in the shower? If so, what do you sing?

It's funny, I hear people talk about singing in the shower, but I do not. Perhaps that's because I've always been comfortable singing through out my day.

Please tell us the names of a few CDs which are wonderful to buy for little girls, and also for pre-teen girls, and also for teenage girls?

I recommend listening to great recordings of all genres. Musicals - Mary Poppins and The Sound of Music; Great Classical, Jazz, Folk, & International Music, and Contemporary Woman's Music - Holly Near, Libana, Sweet Honey and the Rock, Loreena McKennitt, & Copper Wimmin. Wicked, the musical, is a favorite at our house. And take time to sing, make music, and go to concerts with your children - young and old.

And what is your favorite new CD of the past year or two?

Tenderly Rain by the Threshold Choir is a fantastic collection of healing songs. I listen to it while I'm driving... it keeps me calm in the midst of traffic!!!

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The Crazy Wisdom Calendar

Art & Craft *(continued)*

The Visual Journal: An Intuitive Approach with Nancy Wolfe • Jan. 7, Feb. 11, Mar. 11; 7-9 p.m. at Crazy Wisdom Community Room • This workshop is designed to open new paths of self-expression through image and narrative. Art materials are provided and beginners welcome. $25. Call 668-0404; nancy@nancywolfe.com.

Drawing on Power with Susan Boyes • Feb. 22, 1-4 p.m. at Crazy Wisdom Community Room • This workshop will connect shamanic and art therapy themes in an exploration of personal power. Using guided visualization, participants will explore places of personal power and identify power animals. We will make art but no art skills are necessary and all materials will be provided. $50. Call 478-2394; susan@centerforcreativegrowth.com.

> The best way to help the world is to start by loving each other, not blandly, blindly, but realistically, with understanding and forebearance and forgiveness.
> - Madeleine L'Engle

Artists Teaching Artists with Janet Alford through Chelsea Center for the Arts • Ongoing Mondays starting Jan. 5, 9 a.m.-Noon • Paint with and be inspired by fellow artists in this open studio made up of painters of all skill levels. New members are always welcome to drop in. Come once or come once a week. $55 for 13 lessons or $5 drop-in. Call Molly Root at 433-2787; www.chelseacenterforthearts.org.

Dream Seeding for a Better World Art Show with Christopher Bednash • February 2009 • Dream Seeding for a Better World is an all ages, all media, all skill level art show featuring creative work that, in any way imaginable, helps us to see a more peaceful and environmentally healthy world is possible. Dream Seeding will be shown at the Michigan Union in Ann Arbor for the month of February, as well as on our website. We will be registering participants until Jan. 19th. Free. Call 996-5962; www.dreamseeding.org.

Art Classes with Kay Gould-Caskey • various times and days • Learn to draw workshops, creating mandalas, healing through creative expression classes offered. For complete details, call 747-9810; www.fallingwatermi.com.

Artist's Way

The Artist's Way Experience with Jill Blixt • Feb. 7-8, 10 a.m.-4 p.m. each day • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity, and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they believe is buried and yearns to be set free. Using creative play in the form of writing, collage, and image making, we explore and reclaim our personal creativity. $110 includes lunch and materials. Call 665-4577; jillblixt@aol.com.

Astrology

Conversational Astrology: Having Fun While Learning the Basics of Astrology and the Astrological Chart with Richard Smoot • Eight Wednesdays starting Feb. 4, Eight Wednesdays starting April 15, or Eight Thursdays starting Mar. 5, 7:30 p.m. • This "made to be fun" course is designed for first time students who want to gain a basic understanding of astrology and how it is used to "read" astrological charts (like yours!). Class focus is on understanding keywords for the planets, signs, and houses and how chart interpretations are developed. $125. Call 320-2783; richard@richardjsmoot.com.

The Planetary Hours: An Ancient Technique for Modern Times with Bon Rose Fine • Choose one of four dates: April 4, 5, 25 or 26; 1:30-4:30 p.m. • There truly is a time for every purpose and knowing how to work with the planetary hours can help anyone schedule activities, working in harmony with the universe. It's not necessary to have any knowledge of astrology to use this information. All who pre-register will receive comprehensive workbooks containing easy-to-understand lists of the planetary hours through September. $20 with discounts available. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

The Learning Center for Astrological Studies Classes with Various Instructors • Winter classes start the week of Jan. 18; Spring classes start the week of April 5 • LCAS is a not-for-profit organization offering a complete astrological education for the hobbyist and the aspiring professional. LCAS is dedicated to teaching astrology as a tool for personal and social growth. For a complete listing of classes and costs, visit www.lcasastrology.com or call Pat Perkins at 517-676-1680.

The Original Astrologers and Friends Thursday Get-Togethers coordinated by Bon Rose Fine, sponsored by the Southeast Michigan Astrologers' Round Table (SMART) • Most Thursdays, 6:30 p.m. • These weekly gatherings were introduced by SMART to offer the astrological community an informal opportunity to connect with like-minded others and enjoy stimulating conversation. It is also possible to trade readings with one another or offer mini-readings to the general public in a welcoming environment. Cost is usually free. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

The 28 Lunar Mansions: Ancient Moon Astrology with Phil Meade, sponsored by SMART • Jan. 11, 2-4:30 p.m. • Based on Arabic, Persian, and Greek sources, this lecture will explain a moon-centered astrology that has roots going back 5,000 years and has parallels with the Vedic nakshastras. $10 or $8 for NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Medieval Astrology with Geoffrey Hoebbel, sponsored by SMART • Feb. 15, 12:30-4:30 p.m. • This workshop will provide a detailed overview of the theory and practices associated with astrology as it was used during the Middle Ages. Among the topics covered include the underlying philosophy of medieval era astrology, finding the guardian of the chart, Arabic parts, medical astrology, and more. $20 or $15 for NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Annual Meeting of SMART, coordinated by Bon Rose Fine • Feb. 15, 5:30 p.m. • This local chapter of the non-profit organization, NCGR (National Council for Geocosmic Studies) is required per its bylaws to hold an annual meeting. If you are interested in learning more about membership or would like to get involved, please join us for supper at a location to be announced. Free with meal extra. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

SMART's Seventh Annual Spring Sunday Sampler at Crazy Wisdom Bookstore with Liz Hazel and Phil Meade, sponsored by SMART • Mar. 22, 2-5:30 p.m. • This is the astrological community's yearly celebration of the Vernal Equinox and International Astrology Day featuring two abbreviated, but fairly substantial, lectures: Tarot Astrology and Astrology and Magic. The topics were chosen for their wide appeal and are geared to experienced astrologers and the general public. $15. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Electional Astrology with Nancy Bahlman, sponsored by SMART • April 19, 2-4:30 p.m. • Electional is a branch of astrology that deals with choosing the opportune date and time for a particular event, be it a wedding, conference, presentation, first date, the start of a business, etc. This will cover the hierarchy of selecting the best chart for a successful outcome and what constraints would apply. $10 or $8 for NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Auctions & Benefits

Annual Zenefit (Benefit) Auction at Zen Buddhist Temple • Mar. 21 • In addition to the auction (always entertaining in itself!), we will have refreshments prepared by our talented Dharma Chefs and live entertainment. The live auction always includes surprising, intriguing, and exciting goods and services and is a good place to find that special bargain for yourself or a gift. The receptions starts at 6 p.m. and the auction at 7 p.m. $5 donation. Come join us! Call 761-6520; annarbor@zenbuddhisttemple.org.

Author Receptions

Book Signing and Talk with Dosho Port, author of *Keep Me In Your Heart A While: The Haunting Zen of Dainin Katagiri* at Crazy Wisdom Tea Room • Feb. 8, 3 p.m. • In this talk, Dosho will offer a Zen perspective on fully living our one great life, beginning with clarity about our innermost request and vowing to fulfill it here and now. He writes, "Vowing can be given life by getting out of bed and sitting zazen in the morning, quietly cultivating a generous mind, giving attention to the 'tips of the hundred grasses' - the seeing, hearing, tasting, smelling, touching, thinking of the moment at hand. Not sticking onto any of it as me, myself, or mine - giving up our 'self' project... We can eat breakfast with our family or alone, giving our awareness to all the guests that arise and pass. Throughout the day, we can give up our habit of constantly placing our fleeting selves in the starring role in the drama of life." The talk is free. For more information, call Rachel Pastiva at 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with Robert Taylor, author of *Into the Mystical: Ancient Wisdom for Troubled Times* at Crazy Wisdom Tea Room • Feb. 15, 2 p.m. • Robert Taylor will speak on *Into the Mystical: Ancient Wisdom for Troubled Times*, a book that explains how to apply ancient Vedic teachings to modern times. Robert lived as a monk in India and was initiated into an ancient technique of divination known as Brigu Yantra. Each person who purchases this book at $15 per copy will also receive a prediction of his/her next 12 months from this Indian mystical oracle. The talk is free. For more information, call Rachel Pastiva at 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with Chrissie Blaze, author of *Superstar Signs: Sun Signs of Heroes, Celebrities and You* at Crazy Wisdom Tea Room • Mar. 29, 1 p.m. • In this talk on astrology, author/astrologer Chrissie Blaze will illustrate the power of the Sun Signs with examples of heroes from history and modern celebrities. Chrissie teaches that the underestimated Sun Signs in astrology is like a contract your soul made with you before birth of the way you should live your life. If we center ourselves in our Sun Signs, then we can more easily achieve our destiny. The talk is free. For more information, call Rachel Pastiva at 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with Michelle Belanger, author of *Haunting Experiences: Encounters with the Otherworldly* at Crazy Wisdom Tea Room • April 25, 3:30 p.m. • Join Paranormal State's repeat guest Michelle Belanger as she debuts her latest book and recounts tales of the ghostly encounters that led her to accept and develop her abilities to perceive and communicate with the dead. The talk is free. For more information, call Rachel Pastiva at 665-2757; rachel@crazywisdom.net.

Reading the Energy Body with Michelle Belanger, author of *Haunting Experiences: Encounters with the Otherworldly* at Crazy Wisdom Community Room • April 25, 5:30 p.m. • We are beings of both matter and spirit, and just as we get regular check-ups for our physical bodies, our subtle bodies need regular maintenance as well. Like Siamese twins, the health of one has a marked influence over the health of the other. Michelle will introduce the concept of the subtle body, teaching participants how to sense major structures such as the chakras and energy channels, as well as how to identify and deal with stagnant, blocked or damaged areas of energy. For more information, call Rachel Pastiva at 665-2757; rachel@crazywisdom.net.

Meet the Author: Readings at Nicola's Books • For more information on these and future events, call 662-0600; www.nicolasbooks.com.
Jan. 7 • *American Buffalo* by Steven Rinello
Feb. 11 • *Mistress of the Monarchy* by Alison Weir
Mar. 18 • *King's Grace* by Anne Easter Smith

January Author Readings at Shaman Drum • Free. For more information on these and future events, visit www.shamandrum.com.
Jan. 12, 7 p.m. • *Violin Dreams* by Arnold Steinhardt
Jan. 13, 4 p.m. • *James Baldwin's Turkish Decade: Erotics of Exile* by Magdalena Zaborowski
Jan. 15, 7 p.m. • *Rock Bottom* by Michael Shilling
Jan. 20, 7 p.m. • *Miles from Nowhere* by Nami Mun
Jan. 22, 4 p.m. • *Riddles of Belonging: India in Translation and Other Tales of Possession* by Christi Merrill
Jan. 27, 7 p.m. • *The Mind's Eye* by Alan Krohn
Jan. 28, 4 p.m. • *Midnight's Diaspora: Critical Encounters with Salman Rushdie* by Daniel Herwitz and Ashutosh Varshney
Jan. 28, 7 p.m. • *The Guardian Building: Cathedral of Finance* by Jim Tottis
Jan. 29, 4 p.m. • *Emptiness and Temporality* by Esperanza Ramirez-Christensen

Ayurveda

Ancient Wisdom: BMS Balance and Consciousness Shift through Ayurveda and Sound Healing Using Tibetan Bowls with Rolinda LeMay and Mark Handler • Mar. 7, 10:30 a.m.-7:30 p.m. at Crazy Wisdom Community Room • Create body, mind, spirit balance through Ayurveda and sound healing. Gain a basic understanding of the Indian science of health and medicine and an understanding of one's constitutional type, doshas, chakras, and the importance of food, daily routines, and more. Learn the basics of sound healing through hands-on healing experiences with Tibetan bowls and instruction for use in meditation and one's daily routines with opportunity for purchase of antique bowls. $100. Call Rolinda at 419-902-6062; tuladeva@sbcglobal.net.

Bodywork & Body/Mind Therapies

Demonstration Rolfing Sessions with Leland Austin • Jan. 31, 1-5 p.m. at Crazy Wisdom Community Room • Rolfing sessions to experience or observe. In addition to a traditional practice of Rolfing, Leland works with some clients to help them bring gentle awareness to different parts of their bodies to notice the subtle arising and unfolding of sensations and emotions. Working within the Rolfing form in this way develops an increased capacity for awareness and brings one into a more intimate experience of oneself as an embodied being. $5-$10 suggested donation. Call 327-1066; lelandsf@gmail.com.

Alexander Technique: Free Your Movement, Enhance Your Performance with Alice Greminger • Wednesdays, 7 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance, and support we all knew as children. Activities as varied as walking, computer work, performing, sports, and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class. Call 665-0849; agreminger1@gmail.com.

Somatic Therapy with Sue Burton-Hidalgo • Mar. 8, 10 a.m.-6 p.m. • The primary tools of somatic theory are awareness, breath, movement, and bodywork. We will begin to look at our bodies in terms of overall muscular and energy flow to assess where specific release needs to occur. $175. Call 734-416-5200; info@bodyworkshealingcenter.com.

Cranialsacral Therapy for Children with Linda Diane Feldt through Indigo Forest • Mar. 9 or April 20, 10-11:30 a.m. • This is one of two continuing classes you can take to build on a basic understanding of infant massage, the other being Polarity Therapy and Energy Techniques. $15-$20 sliding scale. Call 994-8010; info@visitindigo.com.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • 7 p.m. at Crazy Wisdom Community Room • Join our monthly book discussion group. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off purchase of the current month's title. It is recommended to read the book before the meeting. All are welcome; just show up! Call 665-2757; information@crazywisdom.net.
Jan. 9 • *Descartes' Error: Emotion, Reason, and the Human Brain* by Antonio Damasio
Feb. 13 • *Last Lecture* by Randy Pausch
Mar. 13 • *Integral Life Practice: A 21st-Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening* by Ken Wilber, Terry Patten, Marco Morelli, and Adam Leonard
April 10 • *Unthinkable: Who Survives When Disaster Strikes, and Why* by Amanda Ripley

The Yoga Room's Book Club with Christy DeBurton • Bi-monthly on Wednesdays, 7-9 p.m. • Join us as we take our yoga practices to a deeper level by reading and discussing books on yoga philosophy, spirituality, and other holistic topics. For a list of upcoming book selections and meeting dates, visit www.christydeburton.com. Free. Bring a vegetarian dish to pass for a finger food/hors d'oeuvres potluck. Call 761-8409.

Enlightened Minds Book Group at Nicola's Bookstore • Third Sunday of each month; 2 p.m. • A book group dedicated to reading books about spiritual enlightenment that meets every third Sunday of the month. Free. Call Charlotte at 272-9353; younggyrl@gmail.com.

Breathwork

Breathe Well, Be Well with Dave and Pat Krajovic • Jan. 7, Mar. 31; 7-8 p.m. • If your life is full of stress, then learning to breathe well can make all the difference. Come join us for a free discussion and experience about the power of conscious breathing. When we are stressed, we shut down our breath. When we open our breath, we can reclaim our life and mitigate the negative effects of stress. Free. Call 734-416-5200; info@bodyworkshealingcenter.com.

Manifesting in the New Year with Transformational Breathing with Dave and Pat Krajovic • Jan. 25, 9 a.m.-5 p.m. • Want to make good on your New Year's resolutions once and for all? By changing the way you breathe, you can reprogram the subconscious and the beliefs that limit your ability to create what you want. The day will consist of various intention exercises, mini breathes, two facilitated breath sessions, inquiry, affirmations, gratitude, the Law of Attraction, and more. $119. Call 734-416-5200; info@bodyworkshealingcenter.com.

Personal Transformational Breathing Seminar with Dave and Pat Krajovic • Six days: April 24-26 and May 15-17 • Create amazing shifts in health, awareness, energy levels, well being, and soul evolution by learning to master your breath. You will achieve so much in so little time. For more information, visit www.globalbreathinstitute.com. $1,500. Call 734-416-5200; info@bodyworkshealingcenter.com.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • Jan. 4, 1-3:30 p.m.; Feb. 10, 7-9:30 p.m. • Andrew Weil says breathing is the most important thing you can do for optimum health. Learn what the breath can do to restore your sense of vitality, optimism, and joy to your life. Soothe your soul and free your spirit with a powerful breath session. $45. Call 734-416-5200; info@bodyworkshealingcenter.com.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • Jan. 13, 20, and 27; 7-9:30 p.m.; Mar. 12, 19, and 26; 7-9:30 p.m. • Had enough stress, pain, and suffering in your life? Learn how changing the way you breathe can change everything by bringing a renewed sense of vitality, optimism, and joy to your life and by restoring health. At the end of the series, you will have the knowledge, tools, and experience to make this an empowering and joyful part of your life. $125. Call 734-416-5200; info@bodyworkshealingcenter.com.

Experienced Breather's Tune-Up with Dave and Pat Krajovic • Jan. 6, 7-8:30 p.m.; Jan. 29, 7-8:30 p.m.; Feb. 17, 7-8:30 p.m.; Mar. 11, 6:30-9 p.m.; April 2, 7-8:30 p.m.; April 29, 6:30-9 p.m. • This class is for experienced breathers who want to deepen the benefits of conscious breathing by developing a consistent breath practice. The workshop will consist of intention setting, a facilitated breath session, and sharing and integration. Prerequisite: three of our Transformation Breathing Introductory Workshops. $25. Call 734-416-5200; info@bodyworkshealingcenter.com.

> I have decided to stick with love.
> Hate is too great a burden to bear.
> - Martin Luther King, Jr.

Integrative Breathwork Workshop with Linda Adamcz • Jan. 17, Jan. 31, Feb. 14, Feb. 28, Mar. 14, Mar. 28, April 11 or April 25; 10 a.m.-6 p.m. • A one-day musical journey for insight, emotional healing, and creativity. Can assist with major life transitions, grief/loss issues, stress related to physical health, work, finances, and relationships, trauma/abuse, depression or addictions. $90. Call 269-388-2988; www.adamczassociates.com.

Buddhist Teaching & Buddhist Meditation

For related listings, please see "Meditation" Section

The Seven Sets of Qualities for Enlightenment with Carol Blotter through Deep Spring Center • Six Wednesdays: Feb. 18, Mar. 4, 18, April 1, 15, May 6; 7:15-9 p.m. • One does not become enlightened by merely gazing into the sky, by reading or studying the scriptures, nor by thinking or wishing for the enlightened state. There are certain necessary conditions which cause enlightenment to arise. We will explore some of those conditions. There will be homework and class discussions. This class is for students with at least two years meditation practice/instruction. $42 with opportunity to offer dana to teacher. Call DSC at 477-5848; info@deepspring.org.

Buddhist Wheel of Life Workshop with Cristo Bowers of Body-Mind-Spirit Wellness Center • Jan. 17, 4-6 p.m. • This interactive, discussion-based workshop examines the Buddhist Wheel of Life. Participants will be introduced to the imagery and symbolism of the Wheel of Life as it pertains to the spiritual seeker in the 21st century. $50, limited to 10 participants. Call 945-8602; cristobowers@yahoo.com.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Jan. 15, Mar. 5, and April 16; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 unwaged. Call 761-6520; annarbor@zenbuddhisttemple.org.

The Crazy Wisdom Calendar

Buddhist Teaching & Buddhist Meditation
(continued)

Two Sunday Services at Zen Buddhist Temple • 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation, followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Call 761-6520; annarbor@zenbuddhisttemple.org.

Buddha's Enlightenment Day All-Night Sitting at Zen Buddhist Temple • Jan. 9, 8 p.m. Friday night through 4 a.m. Saturday morning • Come and meditate to awaken to your true nature, inspired by Shakyamuni Buddha, who sat under the Bodhi tree and came to freedom. Sit from 8-10 p.m. and/or 10 p.m.-midnight. After midnight, please stay until 4 a.m. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit or money for the altar. Everyone welcome. Call 761-6520; annarbor@zenbuddhisttemple.org.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • Jan. 20, Feb. 17, and Mar. 24; 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, rest, and some discussion – an interval of deepening, of slowing down, noble silence, and mindfulness. $50 includes vegetarian meals. Call 761-6520; annarbor@zenbuddhisttemple.org.

Throwing Open the Heart: How Do You Do It? with Soto Zen Priest Dosho Port at Zen Buddhist Temple • Feb. 8, 9:30 a.m. • A talk by Dosho Port, Soto Zen priest and disciple of Dainin Katagiri-roshi, will be given during this Sunday morning service. Call 761-6520; annarbor@zenbuddhisttemple.org.

One-Day Retreat at Zen Buddhist Temple • Feb. 14, 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest - an interval of deepening, of slowing down, silence, and mindfulness. $50 includes meals. Call 761-6520; annarbor@zenbuddhisttemple.org.

Ox-Herding Pictures Workshop with Chajang Terry Beamsley at Zen Buddhist Temple • Mar. 8, 15, and 29; 10:15 a.m. • Explore the art and dharma of the famous Ox-Herding Pictures, which illustrate the Buddhist path, with Chajang Terry Beamsley, artist, anthropologist, and former Assistant Director of the Toledo Museum of Art. For cost, call 761-6520; annarbor@zenbuddhisttemple.org.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Mar. 9 at 7 p.m. through Mar. 10 at Noon • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160 includes accommodation and breakfast. Call 761-6520; annarbor@zenbuddhisttemple.org.

Buddha's Paranirvana Day at Zen Buddhist Temple • Mar. 18, 9:30 a.m. • A special service to honor his passing. Call 761-6520; annarbor@zenbuddhisttemple.org.

Yongmaeng Chongjin (Three-Day Meditation Retreat) at Zen Buddhist Temple • April 2-4 • Conducted by Ven. Haju Sunim, with assistance from Temple Dharma students. This is an intensive training period and recommended for those with experience in sitting meditation. For cost and details, call 761-6520; annarbor@zenbuddhisttemple.org.

Visitor's Program and Residential Opportunities at Zen Buddhist Temple • The Visitor's Program is for people who want to spend some time living in the Temple to cultivate their practice. They follow the schedule and participate in the Temple programs in the mornings and/or evenings. The program is geared to personal needs and wishes. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangements with the Temple Director is necessary. The program is usually available throughout the year. Call 761-6520; annarbor@zenbuddhisttemple.org.

Sunday Mornings at Jewel Heart with Gelek Rimpoche • Sundays: Jan. 4, Feb. 1, Mar. 1, April 5; 10-11:30 a.m. • Join us for a taste of Buddhism through introductory talks on contemporary issues followed by tea and cookies. Open to all. Free with donations welcome. Call 994-3387; www.jewelheart.org.

Sunday Morning Talks at Jewel Heart with Jewel Heart Instructors • Sundays: Jan. 11, 18, 25, Feb. 8, 15, Mar. 15, 22, 29, April 12, 19, 26; 10-11:30 a.m. • Join us for a taste of Buddhism through introductory talks on contemporary issues followed by tea and cookies. Open to all. Free with donations welcome. Call 994-3387; www.jewelheart.org.

White Tara Meditation Sessions at Jewel Heart with Jewel Heart Instructors • Sundays: Jan. 11, 18, 25, Feb. 8, 15, Mar. 15, 22, 29, April 12, 19, 26; 11:30 a.m.-12:30 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Open to all. Free with donations welcome. Call 994-3387; www.jewelheart.org.

Meditation Sessions at Jewel Heart with Jewel Heart Instructors • Sundays: Jan. 11, 18, 25, Feb. 8, 15, Mar. 15, 22, 29, April 12, 19, 26; 8:45-9:45 a.m. • Help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as a point of focus. Open to all. Free with donations welcome. Call 994-3387; www.jewelheart.org.

The Swift Path with Gelek Rimpoche of Jewel Heart • Tuesdays, Jan. 13-April 28; 7:30 p.m. • The Swift Path, or Nyur Lam in Tibetan, was composed by the 3rd Panchen Lama and succinctly lays the ground for spiritual development through clear and relevant topics for visualization and analytical meditations. $10 non-members, $5 seniors/students/supporting members, no charge for sustaining members. Call 994-3387; www.jewelheart.org.

Odyssey to Freedom: Sections 1 and 2 with Jewel Heart Instructors • Wednesdays; Section 1: Jan. 14-Mar. 1 and Section 2: Mar. 25-May 20, 7-8:30 p.m. • Gelek Rimpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from our current situation, as it is, through to full enlightenment. No meetings Feb. 25 or April 22. $90 each, or supporting members and above free. Call 994-3387; www.jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation with Jewel Heart Instructors • Thursdays: Jan. 15, 22, 28, Feb. 5, 12, 19, 26, Mar. 5; 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it creates our experience. Recommended prerequisite: Creating Space: Clarity and Insight through Meditation. $80, or supporting members and above free. Call 994-3387; www.jewelheart.org.

Dharma Discussion and Debate with Jewel Heart • Fridays: Jan. 9, Feb. 13, Mar. 13; 7-8:30 p.m. • Drawing on the traditional Tibetan Buddhist mode of learning through open debate, Jewel Heart students are invited to join groups of two to five participants to analytically challenge and deepen their relationship with the Dharma. Join us for pizza and discussion. Donations welcome. Call 994-3387; www.jewelheart.org.

Films and Discussion with Jewel Heart • Fridays: Jan. 30, Feb. 27, Mar. 27, April 24; 7 p.m. • Once a month, Jewel Heart hosts an evening of entertainment with a free film followed by a group discussion. Bring your friends and join us for a movie, a concession stand, and lots of fun conversation about the film. Free film with concessions available. Call 994-3387; www.jewelheart.org.

Gateway to the Spiritual Path with Jewel Heart Instructors • Saturdays: Jan. 17, 24, 31, Feb. 7, 14, 28, Mar. 14, 21; 10-11:30 a.m. • The main focus of this course is developing a reliable spiritual foundation. Gelek Rimpoche's transcript, *Gateway to the Spiritual Path*, serves as the basis. $80, or supporting members and above free. Call 994-3387; www.jewelheart.org.

Art of Living with Jewel Heart Instructors • Saturdays: Mar. 28, April 4, 11, 18, 25, May 2, 9, 16; 10-11:30 a.m. • We long for meaning, for an effective way to bring insight and heart to the ordinary circumstances and inevitable challenges of our daily lives. On the basis of Gelek Rimpoche's book, *Good Life, Good Death*, this course will explore pragmatic methods to bring depth, meaning, and joy to our lives. $80, or supporting members and above free. Call 994-3387; www.jewelheart.org.

Ceremonies, Rituals, Celebrations & Festivals

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us for a peaceful start to 2009 (2553 in the Buddhist calendar). Call 761-6520; annarbor@zenbuddhisttemple.org.

Candlemas with Layla Ananda through Gateways Center for Life Enrichment • Feb. 2, 7 p.m. • A ceremony to honor the seeds of new life that lie within us, preparing to sprout at the first sign of spring. Candlemas is the Wiccan cross-quarter (halfway between winter solstice and spring equinox) that inspired Groundhog Day. Join us for meditation, drumming, singing, and sharing to prepare ourselves for a new season of inner growth. Free with donations accepted. Call 973-0684; layla.ananda@ gmail.com.

Sunday Celebration Service through Interfaith Center for Spiritual Growth • Sundays, January-April; 10:45 a.m.-12:15 p.m. • We will celebrate oneness with all beings, experience the power of group meditation, benefit from enlightening readings, enjoy guest musicians, and listen to talks that inspire and stimulate spiritual growth and understanding. There is a children's spiritual education program during the service each week and a monthly potluck following the service on the first Sunday of the month. In the months of January and April, come hear a different guest speaker each week. Free. Call Dave Bell at 327-0270; dave@interfaithspirit.org.

New Year's Gathering with Self Realization Meditation Healing Center • Dec. 30 before dinner through Jan. 1 after breakfast • With opportunities for quiet time, meditation, introspection, and sharing, this retreat will help you assess and evaluate your experience of the year that has passed, of how you've been affected, grown, and progressed, and help you prepare for the year to come. $150 includes lodging and meals. Call 517-641-6201; info@selfrealizationcentremichigan.org.

Easter Meditation Gathering with Self Realization Meditation Healing Center • April 12, 10:15 a.m. • We will share in song-chants, inspired thoughts, and Mata Yoganandaji's Blessing, followed by silent meditation for as long as you wish. No charge. $9.54 for lunch. To preregister, call 517-641-6201; info@selfrealizationcentremichigan.org.

Willow Studio Grand Opening Party • Jan. 23, 6-10 p.m. • The public is invited to an open house at Willow Studio. Join us for drinks, light fare, demonstrations, and a drawing for a free lesson and bodywork. Receive 50% off your initial session when you book at the open house. Free. Call Heather Glidden at 709-1464; www.willowwellnessstudio.com.

Channeling

Evening with Aaron (channeled) with Barbara Brodsky and Aaron • Feb. 25, Mar. 25, April 22; 7:30-9:30 p.m. • Aaron offers a talk and answers personal and universal questions. All are welcome. Offered by donation. Call Deep Spring Center at 477-5848; info@deepspring.org.

The Fine Art of Day Dreams: Dreaming Our New World Into Existence with Jacob, Channeled through Judy Crookes • Jan. 17, 10 a.m.-4 p.m. • Join with Jacob as they teach the fine art behind dreaming conscious day dreams. Easily learned, it is an art that is intrinsic to the nature of reality creation in our earth bound dimension. Jacob will work with us individually and as a group to help us understand the underlying energetic structures behind reality creation. $45. Bring a sack lunch. Call Gateways Center at 332-4666; gatewayscenter@hotmail.com.

An Evening with Jacob with Judy Crookes through Gateways • Jan. 9, Feb. 6, Mar. 6, April 3; 7:30-9:30 p.m. • Come and spend two hours laughing and learning with Jacob, a being of Light who is a master teacher. Jacob has been channeled by Judy Crookes since 1996. No two evenings are alike. $15. Call 734-332-4666; gatewayscenter@hotmail.com.

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta Zarley channels information from the spirit about changes we experience as we move towards ascension, trends and issues that affect us. Often there is time for questions and answers with the guides. $10 suggested donation. Bring a dish to share. Call Evan Peelle at 248-437-7466.

Basic Channeling with Shala Kilmer • Eight weeks starting April 6 • Channeling is an awesome way to receive clear communication from the spirit world. You will learn to bring channeled messages to answer your own questions, bring wisdom and joy to your life, as well as to help others. $275. Call 248-258-8287; shalakilmer@comcast.net.

Chanting

Monthly Ann Arbor Kirtan with Ann Arbor Kirtan Group • Jan. 16, Feb. 20, Mar. 20, April 24; 7:30-9:30 p.m. • Come join Ann Arbor Kirtan for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory, call-and-response, cross-cultural music experience that incorporates the audience right into the performance. Free with donations accepted. Call Karen Levin at 645-8904; krlevin@comcast.net.

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for an evening of Siddha Yoga meditation and chanting. No charge for programs. Call 747-7116; symcannarbor@gmail.com.

Childbirth & Breastfeeding

Transitioning into Motherhood with Mara Bell Mancini-Lander • Jan. 13, 20, 27; Mar. 10, 17, 24; 6:30-9 p.m. • This class creates a supportive space for expecting and new mothers to explore the shift into motherhood as a holistic experience filled with opportunities for growth and transformation. Through a combination of presentations, discussions, and guided meditations, Mara Bell will convey critical information and techniques to help expecting and new moms feel grounded and empowered in their new role. $120. Call 417-3143; info@expandingconsciousness.net.

Chidbirth, Breastfeeding, and Doula Training Classes through The Center for the Childbearing Year • Early registration and multiple class discounts may be available. For complete descriptions of the following classes, please call 663-1523; patty@center4cby.com.

The Breastfeeding Cafe with Barbara Robertson through Center for the Childbearing Year • Ongoing Fridays, 10-11:30 a.m. • Come and meet other women who are breastfeeding their babies. This free, drop-in group focuses on supporting the new breastfeeding pair. Time is set aside to address each individual mother's concerns. Please bring your baby. Free.

Breastfeeding Basics with Barbara Robertson of Center for the Childbearing Year • Jan. 31, 12:30-5 p.m.; or Two Tuesdays: Mar. 17 and 24, 6:30-8:45 p.m. • We want to help your breastfeeding experience be satisfying, joyful, and pain-free! This class prepares the mother-to-be for a successful breastfeeding experience. Topics include latching and positioning the baby, overcoming common obstacles, and learning your baby's hunger cues. $60 per couple.

Combining Work and Breastfeeding with Barbara Robertson of Center for the Childbearing Year • Feb. 2, 6:30-9 p.m.; or April 8, 10 a.m.-12:30 p.m. • We will discuss strategies for returning to work. Types of breast pumps, the experience of pumping, safe storage of breastmilk, and more will be covered. Each mother will have the opportunity to work toward a personal plan for her unique work situation. Nursing babies welcome. $30.

Professional Education in Breastfeeding and Lactation with Barbara Robertson of Center for the Childbearing Year • Mar. 28, 9 a.m.-2 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. Approved for nursing CEs. $75.

Childbirth Preparation: Focus on Labor and Birth - Condensed Series with Kate Stroud of Center for the Childbearing Year • Two Saturdays: Jan. 17 and 24, or Two Sundays: Mar. 15 and 22; 1-4:30 p.m. • This condensed series is for folks with busy schedules who cannot come to a longer series, couples seeking a refresher class for a second baby or couples planning a homebirth. We'll focus on the process of labor and birth, coping and pain, support techniques and comfort measures, and postpartum recovery. $165 per couple.

Childbirth Preparation: Everything You Need to Know with Kate Stroud of Center for the Childbearing Year • Seven Tuesdays: Jan. 20-Mar. 3 or Mar. 31-May 12; 6:30-8:45 p.m. • This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, alternatives to drugs, cesarean prevention, and the baby's needs. $235 per couple.

Newborn Care 101 with Jamie Wazenkewitz of Center for the Childbearing Year • Feb. 4, Mar. 19 or April 27; 6:30-9 p.m. • As parents, we are all figuring it out as we go along. Trial and error will be a learning strategy as you get to know your baby. We will share practical insights and identify supportive resources. How to hold a newborn - just how fragile are they? What are the sensory capacities of the newborn? Is all the "stuff" necessary? What about diapering, bathing, and calming the baby? $40 per couple.

DONA International Birth Doula Workshop with Patty Brennan and Kate Stroud of Center for the Childbearing Year • Mar. 7 and 8, 8:30 a.m.-6 p.m. • Are you interested in a career working with moms and babies? Become a professional Birth Doula. This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. Class leads to professional certification through DONA International. $375.

DONA International Postpartum Doula Workshop with Patty Brennan of Center for the Childbearing Year • April 2-5; Thursday 2:30-8:15 p.m., Friday and Saturday 8:30 a.m.-6 p.m., Sunday 8:30 a.m.-3:30 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on postpartum recovery, normal physiologic recovery for mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, and more. Class leads to professional certification through DONA International. $425.

Introduction to Childbirth for Doulas with Patty Brennan and Kate Stroud of Center for the Childbearing Year • Mar. 6, 10 a.m.-6:30 p.m. • Get grounded in the basics of childbirth education. Learn how to facilitate informed decision making for your clients with current information on the benefits, risks, and alternatives to medical interventions in the birth process and with the newborn. Topics include anatomy and physiology and pregnancy, labor, birth, and nutrition. $120.

Karlta Zarley, RN, PLC
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The Crazy Wisdom Calendar

Childbirth & Breastfeeding *(continued)*

Happiest Baby on the Block through Ellen Thompson Women's Health Center • 6:30-8:30 p.m. • Are you ready to be a parent? Sleepless nights, crying baby, parent stress. New parents will learn how to help babies sleep longer and how to soothe even the fussiest infant in minutes. Dvd and cd included. $30 per couple. For dates, call 712-5800.

Childbirth Education through Ellen Thompson Women's Health Center • Labor and delivery preparation class for expectant mothers and their labor support coach. Information regarding natural childbirth techniques, relaxation exercises, medical intervention, and Caesarean births included. $75 per couple. For dates and times, call 712-5800; www.sjmercyhealth.org.

Women Preparing for Pregnancy with Sara Warber, Rita Benn, Jenna Wunder, and Leigh Ann Phillips-Knope • Feb. 14, 10 a.m.-4 p.m. • As part of the Vibrant Women through the Life Cycle Series, UM Integrative Medicine presents a day-long workshop incorporating nutrition, mind-body skills, and shamanic healing to optimize your health while preparing for pregnancy. Learn about common challenges and how to develop resiliency while sharing with other women in the same stage of the life cycle. This workshop will be help in Manchester. Space is limited. $100 includes lunch. Call Alyssa at 998-0033; umim-info@edu.com.

> You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think.
>
> - A Course in Miracles

Childbearing and Breastfeeding Classes through Indigo Forest Holistic Family Center • For complete descriptions of the following classes, please call 994-8010; info@visitindigo.com.

Comprehensive Childbirth Education Classes with Beth Barbeau and Jeremiah Lee • Six-week series: Wednesdays, Jan. 21-Feb. 25 or Mar. 4-April 8; 6:30-8:30 p.m. • With an emphasis on normal birth, this class covers what to expect in labor, handling the sensations of birth, pain management, physical and emotional aspects of becoming parents, medical options and interventions, and decision-making under stress. $225 per mother and father or support person.

I'm Pregnant (or Almost), Now What? with Beth Barbeau and Elizabeth Shadigian • Feb. 7 or April 4, 9-11 a.m. • We will cover nutrition for a healthy pregancy, having a healthy birth, psychology of the first trimester, natural solutions to common discomforts, safe medications, ultrasounds, stages of fetal development, birth choice attendants, and more. $40 per mother.

Self Care for Birth Attendants with Sierra Hillebrand • Saturday to be determined in February and April, 1-4 p.m. • Practical suggestions for sleep, exercise, and nutrition strategies for keeping vibrant well-being. $60.

What's In Your Birth Bag? with Sierra Hillebrand through Indigo Forest • Sunday in March, 1-4 p.m. • What are the essential tools and supplies in a successful doula's birth bag? You'll get a chance to share your knowledge while gathering valuable ideas and suggestions from other doulas. Bring your birth bag! $60.

Breastfeeding and the Unexpected with Jane Mueller • Jan. 21 or Mar. 11, 5-6:30 p.m. • Tips for maintaining breastfeeding under difficult circumstances, such as Cesarean recovery, infection or depression. $35 per mother.

Breastfeeding Made Simple with Jane Mueller or Beth Barbeau • Jan. 14 or Mar. 4, 5-6:30 p.m. • Learn how to help your baby latch without pain, nursing positions to maximize weight gain, and suprising answers to the question, "What is normal?" $35 per mother.

Strategies for Natural Birthing in a Medical Setting with Beth Barbeau • Jan. 10, 1-3 p.m. or April 22, 6:30-8:30 p.m. • Geared to couples near birth, we will cover why labor support, such as doulas, cut the C-section rate in half, safe ways to keep your energy up and labor effective, how to use lighting to cut your labor time, and more. $45 per mother.

Achieving Pregnancy Naturally: How to Maximize Your Chances of Conceiving and Maintaining a Healthy Pregnancy without Medical Intervention with Jennifer Coffman • Jan. 8 and 22, or Feb. 5 and 19, or Mar. 5 and 19, or April 2 and 16; 6:30-8 p.m. • Learn practical approaches to getting and staying pregnant, how to chart your cycles, how to time intercourse, and nutritional strategies to balance your hormones and strengthen your cycle. We also discuss how lighting, over-the-counter remedies, lubricants, and sexual positions affect fertility. $75 per woman.

Natural Birth Control Using Fertility Awareness with Jennifer Coffman • Jan. 15 and 29, or Feb. 12 and 28, or Mar. 12 and 26, or April 9 and 23; 6:30-8 p.m. • Learn to become aware of the natural fertility signs your body gives, how to chart your cycles, myths about fertility awareness, nutritional strategies, and trroubleshooting. $75 per woman.

Birth Story Circle with Krista Dragun • Feb. 8 or April 12, 6:30-9 p.m. • Births can be uplifting and powerful experiences, but you also may be haunted by feelings of confusion, powerlessness, shame or regret. Learn to change the way you feel about your birth story by learning how birth trauma does not always begin with birth, recognizing predisposing factors and the sources of birth trauma, and begin to heal your own birth trauma and grief. $60.

Birthing from Within with Krista Dragun • Six Mondays, Jan. 12-Feb. 16 or Mar. 9-April 13; 6:30-9 p.m. • This class prepares you - emotionally, mentally, and spiritually - for your journey through birth into parenthood with dialogues, birth videos, games, individual exploration, drawing, sculpture, and painting. $240.

Parent Doula Meet and Greet • Feb. 7 or April 25, 11:30 a.m.-1 p.m. • An efficient way for parents and doulas to meet, including discussion of the benefits of doulas, introductions, and time to mingle. Free.

Nursing Cafe with Jane Mueller or Beth Barbeau • Wednesdays, 2-3 p.m. (no meeting Feb. 25 or April 15) • Hang out with other nursing moms, sip nursing tea, and ask questions of professional lactation support. $5 drop-in.

VBAC: Vaginal Birth After Cesarean with Beth Barbeau • Jan. 14, 6:30-8:30 p.m. or April 4, 2-4 p.m. • Learn current research about safe vaginal birth after Cesarean, strategies for successul laboring and birthing, and proactive measures for building confidence. $45 per couple.

Children and Young Adults

Tea with the Fairies at Crazy Wisdom Tea Room • Feb. 26 and April 16, with seatings at 1 p.m. and 4 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with the fairies as they serve tea, treats, and magic. There will be story time read from books available at Crazy Wisdom Bookstore. Fairy attire is encouraged - be creative! $10.50 per person. Babies 18 months and younger free. Call Lily at 665-9468; lily@crazywisdom.net.

New Moon Sing with Tammy Corwin-Renner • Jan. 26, Feb. 25, Mar. 26, April 25; 6:30-7:30 p.m. • A sing for girls 8 to 18 years old and their mothers, aunts, grandmothers, and female friends. Join us to sing songs and rounds to nourish our relationships with one another, the earth, and yourself. New Moon events are by donation. Call 786-3991.

Art Classes for Children and Teens through Ann Arbor Art Center • Winter semester starts Jan. 20 and runs through mid-March • Youth classes include My First Art Class, Clay Creations, Art Expression, Funtastic Clay, Young Masters Painting on Canvas, Potential Potters, Basic/Continuing Drawing, Basic/Continuing Painting, and Basic/Continuing Pottery for Teens. Courses are offered for artists of all ages and abilities. For details and costs, visit www.annarborartcenter.org.

Children's Art Courses through Chelsea Center for the Arts • Courses are offered for artists of all ages and abilities. Please see listings for teens and adults under "Art & Craft". For details, call Molly Root at 433-2787; www.chelseacenterforthearts.org.
Animals, Art, and You with Aprylle Sloggett for First through Fourth Graders • Thursdays, 4:30 p.m.
Experimenting with Color with Olivia Kasle for K-Second Graders • Mondays, 3:15 p.m.
World Arts with Dani Davis for First through Fourth Graders • Tuesdays, 4:30 p.m.
Paint Like the Masters with David Shkolnick for Fifth through Eighth Graders • Tuesdays, 5:45 p.m.
Cartooning with Rick Erickson for Fifth and Sixth Graders • Wednesdays, 3:15 p.m.
Under-Watercolor with Aprylle Sloggett for First through Fourth Graders • Thursdays, 4:30 p.m.
Techniques in Drawing with David Shkolnick for Fifth through Eighth Graders • Thursdays, 5:45 p.m.

Mozart's Magnificent Voyage: Family Concert Event through University of Michigan Museum of Art • Jan. 25, 2:30 p.m. art class; 4 p.m. concert • Families have the opportunity to create their own voyage in oil pastels before the 4 p.m. concert. $12 adults, $5 children. Call 763-UMMA; www.umma.umich.edu.

Sing with Me! with Gari Stein • Tuesdays, Wednesdays or Thursdays, Jan. 6-April 9; 9:15 or 10:45 a.m. • Musical enrichment for children birth to age 5 and the grown-ups who love them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research based program that enhances development, learning, listening, and literacy. $182 for Tuesday or Wednesday; $168 for Thursday includes four cds, with discounts for second sibling. Call 741-1510; garistein@aol.com.

Baby and You! with Gari Stein • Wednesdays, Jan. 7 or 14-April 8; 12:30 p.m. • This class is for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance the adult-child bond. $150 includes two cds. Call 741-1510; garistein@aol.com.

Music Together with Tara Vesprini through Chelsea Center for the Arts • Ten Tuesdays: Jan. 20-Mar. 24, 9-9:45 a.m. or 10-10:45 a.m. • Come parents, caregivers, and the children you love. Let's make music together! What better way could you spend 45 minutes per week than singing and moving to the beat in a loving and nurturing environment? Research shows that all children are musical. Help them explore and discover their musical selves. $155. Call Molly Root at 433-2787; www.chelseacenterforthearts.org.

Music Together with Robin Robinson at Mind, Body, Spirit Academe • Music Together is an internationally recognized early childhood music program for infants, toddlers, preschoolers, and the adults who love them. Registration includes twelve 45-minute classes, a songbook, and cd. Class dates and times vary. For details and cost, call 929-2133; www.robinsongsforkids.com.

Meditation and Markers with Jennifer Flowers • Jan. 8, then the first Thursday of each month, 7-8 p.m. • Now is the time to give your children a gift they will forever cherish! This wonderful meditation class is geared to children ages 7 and up. We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw. $12. $6 each additional family member. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki for Kids with Jennifer Flowers • Feb. 1, 10 a.m.-4 p.m. • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to pets, plants, and food. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. $69 plus $20 materials fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Youth Karate with Barbara Christensen at Mind, Body, Spirit Academe • Tuesdays, 7-8 p.m. or Thursdays, 4-6 p.m. • Children's karate for ages 7 and up and for all levels. For cost, call 665-2840; blchristensen@earthlink.net or www.annarborokinawankarate.com.

Little Dragons Karate with Barbara Christensen at Mind, Body, Spirit Academe • Eight week session: Tuesdays, 6:10-6:50 p.m. • Children's karate for ages 4-6. For cost, call 665-2840; blchristensen@earthlink.net or www.annarborokinawankarate.com.

Hand Drumming for Kids with Sundance DiDomenico at Tree of Life • Jan. 6-Mar. 24: Tuesdays, 4 p.m. for ages 4-7; Tuesdays, 5 p.m. for ages 8-12 • Share in the excitement of rhythms from around the globe. Learn basic hand drumming techniques as we explore the world of polyrhythm. Develop skills in teamwork, playing music, building community, and expressing oneself. Learn to improvise within the structure of traditional rhythms. $12 drop-in or $120 per session. Call 433-0697; www.treeoflifestudio.org.

Hand Drumming for Teens and Adults with Sundance DiDomenico at Tree of Life • Jan. 7-Mar. 25: Wednesdays, 8 p.m. • Harmonious repetition of natural rhythms creates healing energy and puts us in touch with ourselves and the world around us. Through rhythmic exploration, you will learn basic hand drum techniques and other percussion instruments. Students will be taught traditional drum rhythms from around the globe as well as how to listen and improvise within the structure created. $12 drop-in or $120 per session. Call 433-0697; www.treeoflifestudio.org.

Weekly Dance Classes for Children and Teens with Various Teachers through Tree of Life Cultural Arts Studio in Chelsea • Winter Session: Jan. 5-Mar. 27 • For complete class offerings, please see listings under "Dance & Movement". For more information, call 433-0697; www.treeoflifestudio.org.

Roughhousing 101: Stuntwork for Daddies with Christopher Barbeau of Indigo Forest • Jan. 11 or Mar. 15, 2-3:30 p.m. • Would you like to spend time with a professional stuntman and safety expert learning how to have fun with your child without the wrestling match ending in tears or injury, and how to enhance your child's development while reducing mom's anxiety about your roughhousing? Come with your two- to five-year-old child prepared to play at tumbling, tossing, and falling, while being confident that the techniques used are appropriate to any child's personality and developmental stage. Socks required. One adult per child. $35 per adult/child pair. Call 994-8010; info@visitindigo.com.

2009 Season with the Wild Swan Theater • Tickets $8 child, $12 adults, $3 ages two and under on your lap. Call Michelle at 995-0530; www.wildswantheater.org.
Jan. 22-24 • Owl's Winter for grades Pre-K-2.
Feb. 4-8 • Spirit of Harriet Tubman for grades 3-12.
Feb. 19-21 • Drum Me a Story with Ryan Edwards for grades PreK-3.
Mar. 26-28 • Jack and the Beanstalk for grades PreK-3.
April 29-May 3 • Cricket in Times Square for grades K-8.

Storytelling Saturdays at Nicola's Little Professor Bookshop • Every Saturday, 11 a.m. • Local storytellers come to tell wonderful stories for children, with an animal visit once per month. No cost. For information on presenters, call 662-0600.

Chronic Illness, Chronic Pain

Imagine Health: Using Disease as a Catalyst for Positive Transformation with Kristi Davis • Tuesdays, Feb. 17-Mar. 31, 1:15-3:45 p.m. • Imagine Health is a creative, holistic, therapeutic group process designed for people with chronic illness who desire to use their physical challenges as a way to transform their life. Participants will engage in drama exercises, art, writing, movement, and guided imagery meditations to explore the body's messages, core mental/emotional issues, grief and loss, and avenues for healing. $245 and $25 for workbook. Call 253-2650; kristidavis08@comcast.net.

Metro Fibromyalgia and CFS Support Group • Free with donations accepted. Call Lucy Rowley at 462-1768; www.geocities.com/fibro_cfs_sup_group_gl/fibro.html.
Dr. Mike Hsu on Jan. 8, 1-3 p.m. • Latest information on Fibromyalgia studies and research program.
Metro FM Advisory Board Members on Feb. 12, 1-3 p.m. • Event day. Come meet the advisory board members.
Esther McCormick on Mar. 12, 1-3 p.m. • The connection between the body and mind. Reduce your pain.
Support Group President Ruthann Bruce on April 9, 1-3 p.m. • Promote Fibromyalgia Awareness Day with special speakers and community leaders.

Creativity

Playing with the Muse, Source of All Creativity, to Develop, Support, and Enhance Your Personal Creative Expression with Bronwen Gates • One Sunday afternoon per month starting Jan. 11 • Engage this journey to meet the muse, the nine maidens magic, and to develop and enhance your own personal access to, and intimacy with, these daughters of the flame. Whether or not you actively identify as an artist, creative expression is the lifeblood of your aliveness and your success. Working with the individual and collective consciousness of the muse can open you to your creative aliveness as never before. A monthly package of materials. For cost, call 975-8754; bronwild@aol.com.

Crystals

Crystal and Gemstone Layouts with Sue Burton-Hidalgo • Feb. 15, 10 a.m.-2 p.m. • This workshop will build information and experience in the art of healing with stones, experiencing the flow patterns in the human energy field created with crystal layouts, and the basic patterns for working with gems and stones. $45. Contact info@bodyworkshealingcenter.com.

Dance & Movement

International Dances of Universal Peace with Judy Trautman • First Fridays, 7-9 p.m. at Friends Meeting House • These simple dances require no partner nor experience. They celebrate the world faith traditions. $5 suggested donation. Call 419-475-6535; jltrautman@sbcgobal.net.

Introduction to Capoeira with William "Carvao" Brown Jr. • Mondays, 7:30 p.m. • Capoeira is an African-Brazilian martial art and dance. Students learn the foundation movements of Capoeira and progress to more advanced movements. Students also learn Capoeira songs, music, and instruments. $10 drop-in fee. Call 512-8934; ginga97@live.com.

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The Crazy Wisdom Calendar

Dance & Movement *(continued)*

Classic Nia: Fusion Fitness for Mind and Body with Robin Okun • Sundays 10 a.m., Mondays 9:30 a.m., Tuesdays 8:30 and 10 a.m.; Wednesdays 9:30 a.m. and 6 p.m.; Thursdays 8:30 a.m. and Noon; Fridays 9:30 a.m. and 6 p.m.; Saturdays 9:30 a.m. • Embark on your path to health and well being with mindful movement and the Nia Technique. You will notice the difference in your body, mood, and energy as you connect to movement and music. No experience needed. Call to arrange your free introductory class for new students. $100 for eight classes, $190 for 16 classes, $270 for 24 classes, $15 drop-in. Seniors receive 10% discount. Call 395-2624; www.mindfulmovementspace.com.

Friday Night Swing with Scott Rice and Holly Ackerman at Mind, Body, Spirit Academe • Fridays, 8 p.m.-Midnight • This dance party includes a free beginner lesson at 8 p.m., which covers swing basics and another dance move every week, with open dancing at 8:45 featuring two different swing DJs. Dance styles include lindy hop, east coast swing, Charleston, blues, and balboa. Very beginner friendly! $5 or $3 for students. Call Scott at 972-9141; www.aactmad.org/swing.

Yoga Meets Dance: Transformational Dance Fun with Natasha Schaffer at Mind, Body, Spirit Academe • Saturdays, 11:30 a.m.-12:30 p.m. • Yoga Meets Dance is a simple and healing synergy of gentle yoga, free and guided dance, community building, and stillness meditation. Stretch, move, groove, laugh, make friends, and leave feeling profoundly calm. No experience needed. $12 drop-in or 5 classes for $50. Call 239-3174; natashasdance@gmail.com.

Contact Improvisation Dance with Andy Seiler at Mind, Body, Spirit Academe • Sundays, 1-3 p.m. • All are invited to try this interactive, freeform dance style that involves contact with one or more partners. It can involve improvisational lifts and other experimentations with gravity. You might find yourself upside down, so dress appropriately for easy movement. No partner required. Beginners welcome. The first Sunday of each month begins with an hour of formal instruction, followed by discussion and socialization. $10. Call 604-4416; drandy@umich.edu.

Salsa Dance Lessons with Dance Revolution at Mind, Body, Spirit Academe • Tuesdays, 8-9 p.m.; Wednesdays, -9 p.m.; Saturdays, 7-9 p.m. • Join Dance Revolution for dance classes that will change your life. Every first and third Saturday of the month, stay after the dance lesson for the dance party, 7 p.m.-1 a.m. For information on class level and pricing, contact info@dancerevolution.biz. Call Jamie Taylor at 945-8428.

Belly Dance Burlesque Fusion Fitness with Kay Louise • Jan. 11, 1-4 p.m. • Belly Dance choreography workshop with a vintage burlesque twist, with lunch included. $50. Call Mesmeric Belly Dance Studio Toledo at 419-280-3674; theplacetoledo@yahoo.com.

West African Dance Class with Dori Edwards and Julie Kouyate • Thursdays, 5:30-7 p.m. • This class brings the joy and fitness of West African dance to town and includes live drummers. Open to beginners and intermediates with drop-ins welcome. $15-$20 sliding scale per class. Call 475-3158 or 475-1836; ravenrhythms@hotmail.com.

Weekly Dance Classes for Children, Teens, and Adults through Tree of Life Cultural Arts Studio in Chelsea • Winter session Jan. 5-Mar. 28 • $120 per session or $12 drop-in. For more information on class descriptions and presenters, call 433-0697 or visit www.treeoflifestudio.org.
Ballet, Tap, and Jazz for Kids Ages 4-6 with Katie Koval • Mondays, 4 p.m.
African Dance for Kids Ages 7-12 with Jenabah Giacomelli • Mondays, 5 p.m.
Tribal Style Bellydance for Beginning Teens and Adults with Cheri Sing • Tuesdays, 7 p.m.
Jazz/Hip Hop for Teens and Adults with Jenabah Giacomelli • Wednesdays, 7 p.m.
Jazz/Hip Hop 1B for Ages 8-12 with Jenabah Giacomelli • Thursdays, 4 p.m.
Capoeira for Kids Ages 6-12 with Van Robinson (Manhoso) • Thursdays, 5 p.m.
Capoeira for Teens and Adults with Van Robinson (Manhoso) and Marika Smith (Baiana) • Thursdays, 6 p.m.
Intermediate Tribal Style Bellydance for Teens and Adults with Jenabah Giacomelli • Thursdays, 7 p.m.
Nia for Teens and Adults with Megan Rose • Fridays, 9:30 a.m.
Tumble-n-Twist for Kids Ages 2-4 with Cheri Sing • Saturdays, 10:15 a.m.
Afro-Modern with Jenabah Giacomelli • Wednesdays, 6 p.m.
Broadway Blast 1A for Kids Ages 6-8 with Jenabah Giacomelli • Wednesdays, 4 p.m.
Broadway Blast 1A for Kids Ages 7-12 with Jenabah Giacomelli • Wednesdays, 5 p.m.
African Dance for Teens and Adults with Jenabah Giacomelli • Mondays, 6 p.m.
Barefoot Boogie: Free Dance Party for All Ages • Jan. 9, Feb. 13, Mar. 13; 8-11 p.m.

Creative Energy Dance with Irena Nagler • Jan. 31, Feb. 28, Mar. 28, April 25; 3-5 p.m. • Each session includes movement meditation on one or more elements and themes followed by freeform dancing to eclectic music to uplift, relax, and energize. Fun, flowing, creative! No experience necessary. $5-$20 sliding scale per session. Call 996-1772; birena@umich.edu.

Dreaming a Place: Environmental Dance in Island Park with Irena Nagler • Feb. 7, 2 p.m. or Mar. 7, 3 p.m. • Explore the sense of place and allow its elements to speak through us in movement, dance, and music. Experience and celebrate winter's soulful qualities. Warm liquids will be available. No experience necessary. $5-$20 sliding scale per session. Call 996-1772; birena@umich.edu.

Drumming

Drummunity Circle at Crazy Wisdom Community Room with Lori Fithian • Jan. 20, Feb. 17, Mar. 17, April 21; 7-9 p.m. • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com.

Drummunity Drumming Retreat with Lori Fithian at Inn at the Rustic Gate • April 24-26 • Spend a weekend in rhythmic renewal in order to deepen your connection with self, nature, and others in the circle. All levels welcome. Drums provided or bring your own. $125 commuter, $225 double occupancy, $275 single occupancy. For times, contact Marcia Stroko at www.innattherusticgate.com.

Drumming Circle with Kristyne Lemerand of Visitation • Second Friday of each month, 7-9 p.m. • Awaken your playful spirit, reduce tension and stress, and enhance your awareness of how sound can create peace and harmony. $10-$20 per session. Call 734-242-5520; visitation@ihmsisters.org.

West African Drum Class with Ryan Edwards • Thursdays, 7:15-8:45 p.m. • Explore ritual and popular music of the Malinke and Susu people of West Africa. Classes cover the feel, technique, and repertoire involved in jamming African-style. All abilities welcome to this fun and ego-free setting. $15-$20 sliding scale. Call 475-3158.

Weekly Drum Classes for Children, Teens, and Adults through Tree of Life Cultural Arts Studio in Chelsea • Winter session Jan. 5-Mar. 27 • $120 per session or $12 drop-in. For more information on class descriptions and presenters, call 433-0697 or visit www.treeoflifestudio.org.
Hand Drumming for Kids Ages 4-7 with Sundance DiDomenico • Tuesdays, 4 p.m.
Hand Drumming for Kids Ages 8-12 with Sundance DiDomenico • Tuesdays, 5 p.m.
Hand Drumming for Teens and Adults with Sundance DiDomenico • Wednesdays, 8 p.m.

Community Drum Jam with Tree of Life Cultural Arts Studio • Jan. 23, Feb. 27, Mar. 27; 8-11 p.m. • A drum circle for all! Feel the pulse while we build community through rhythm, song, and dance. Free. Call 433-0697 or visit www.treeoflifestudio.org.

Energy Healing & Energy Work

Drop-In Bodywork with Michael Bratcher at Crazy Wisdom Tea Room • Saturdays, 2-6 p.m • Feel wonderful again with energy balancing, therapeutic release, and massage addressing the human energy field. $1 per minute. Call 429-4796; mebratcher@yahoo.com.

Managing Your Energy Workshop with Donna Lakes at Evolve Yoga Studio • Jan. 18, 11:30 a.m.-2 p.m. • Learn about energy and how to utilize it in your life. Learn techniques in grounding, protecting, balancing your energy, regaining your power, calling energies back, and dealing with spirits, angels, and more. Beneficial for everyone, especially sensitives, empaths, and those who work with people. $45. Call 734-454-9642; www.evolve-yoga.net.

Anatomy of the Aura with Sue Burton-Hidalgo • Jan. 24, 4-8 p.m. • A slide presentation designed to develop your ability to perceive the human aura. Colored slides will be projected onto volunteers, you will see movement of their upper chakras, and see, with the natural eye, their energy fields actually swallow the vibrations they need. $65. Call 734-416-5200; info@bodyworkshealingecenter.com.

Healing Touch Certificate Program: Level 1 with Barbara McConnell • Jan. 24-25, 8 a.m.-6 p.m. in Jackson; Mar. 7-8, 8 a.m.-6 p.m. in Jackson; Mar. 28-29, 8 a.m.-6 p.m. in Ann Arbor • Healing Touch is a complementary energy therapy that can be used with or without traditional therapies. Students use their hands with light or near-body touch to help clear, balance, and energize the human energy system to promote healing for the mind, body, and spirit. It is based on a heart-centered caring for others. 18 CEs for nurses and massage therapists. $275 per weekend, plus $20 materials fee with discount offered. Call 517-914-4133; mcconb51@bigplanet.com.

Introduction to Healing Touch: Pain Management/Self Care with Barbara McConnell • Feb. 28, 9 a.m.-1 p.m. • Learn basic, non-invasive techniques to help control pain and promote a sense of well being. Some lecture, but primarily hands-on experience. Everyone welcome. $70 with early registration discount offered. Call 517-914-4133; mcconb51@bigplanet.com.

Exploring the Light Body with Karlta Zarley • April 22, 7-10 p.m. • This class talks about upcoming changes to the energetic and physical bodies and how this will impact our lives. We will practice assessing and healing the light body. $45. Class size limited. Call 433-9333.

Embodied Meditation with Donna and Matt Harber • Introductory Class: Jan. 9 or Jan. 16, 7-9 p.m.; Seven-week series: Jan. 23, Feb. 6, 13, 20, 27, Mar. 6, 13; 7-9 p.m. • Embodied Meditation is an active healing practice that creates and heals chakras and energy fields in the body, allowing for connection to soul essence. The experience of embodiment between earth and sky provides the ability to be cradled by the universe. $15 introductory class or $210 for the series. Call Donna at 248-355-2191; donna@embodiedmeditation.com.

Quantum Touch with Cathleen Francois and Julie Lemond through Ann Arbor Institute of Massage • Feb. 28-Mar. 1, 9 a.m.-5 p.m. • Developed by Richard Gordon, Quantum Touch is rooted in energy work. This technique helps burn victims, cancer patients, the elderly, infants, and more. This work can be combined with any modality and will transform your practice. It provides healing bioenergy for the practitioner as well as for the person seeking great health. This workshop is open to anyone. $345 or $295 early registration or $295 AAIMT graduate. 14 CE credits. Call 677-4430, ext. 25; info@aaimt.edu.

Introduction to Energy Healing of the Subtle Bodies of the Human Energy Field with Laurie Akerros • Jan. 23, 6:30-8:30 p.m. • This introductory talk is to teach about the nature of the subtle bodies of the human energy field and to review some helpful strategies for dealing with the challenges of these times. $10. Call 255-2677.

Esoteric Energy Healing Level One with Laurie Akerros • Feb. 20-22 • Some students describe esoteric energy healing as "reiki on steroids", as in this class, students learn to palpate, assess, and treat the entire human energy field - physically, mentally, emotionally, and at the soul and spiritual levels. In level one, students learn to work with chakras, primary organs, and endocrine glands and systems, as well as learning esoteric philosophy and spirituality. $395. More dates may be available. For times, call 255-2677.

Preventing Burnout with Holistic Energy Care with Self Realization Meditation Healing Centre • Jan. 31-Feb. 1, 9:45-5 p.m. • This is a course for health care professionals, complementary practitioners, carers, teachers, voluntary workers, and all people-workers who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their own personal lives. $225 includes lunches and refreshments or $272 includes lodging and all meals. Call 517-641-6201; info@selfrealizationcentremichigan.org.

Lightworker Activation Group with Sandya • Wednesday evenings • As a Lightworker, you have incarnated at this special time in order to facilitate the transition to the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. $25. For times, call 913-9670; sandya2013@yahoo.com.

Exercise & Fitness

Cardio Rhythmic Workout with Sandy Pierani • Ongoing Mondays and Wednesdays, 6-7 p.m. • Fitness class which incorporates West African dance to world beat music. High energy, up beat, and fun for a total body workout. $59 for once per week, ten-week session. $119 for twice per week, ten-week session. Call 845-0726; nanayaarasta@yahoo.com.

BollyFit with Anuja Rajendra at Mind, Body, Spirit Academe • Mondays, 7:15-8:15 p.m. • Do you dream of fitness that is like a spa experience you look forward to? Check out the new wave in health and fun that unleashes energy and fitness! BollyFit combines elements from Indian film dances with classical and folk styles in a dynamic, aerobic dance workout. It's fitness that's fun! Learn at least one dance plus opportunities to perform. No dance experience necessary. For cost, call 657-6680; anuja@bollyfit.com.

Fitness RX Bootcamp with Melissa Thakur at Mind, Body, Spirit Academe • Tuesdays, Jan. 6-Mar. 10; 5-6 p.m. • Work with a certified group fitness instructor to make the most of your time by integrating a full body workout into one hour. Men and women may enroll in this intense body makeover. All fitness components are included: cardiovascular, resistance, and stretching. $99 for ten weeks. Contact mat226@hotmail.com.

Pilates Levels I and II with N. Avelina Aguirre • Mondays, Jan. 5-Feb. 16 or Mar. 2-April 13; 5:30-6:20 p.m. • A safe and effective class to streamline and strengthen the core muscles and beyond. Modifications provided. $70. Call Natural Health and Movement Arts at 998-1198; a2naturopathy@aol.com.

Pilates Level I with N. Avelina Aguirre • Wednesdays, Jan. 7-Feb. 18 or Mar. 4-April 15; 5:30-6:20 p.m. • A great combination class that strengthens and tones the body, improves balance and flexibility, and reduces stress. Modifications provided. $70. Call Natural Health and Movement Arts at 998-1198; a2naturopathy@aol.com.

The FitNut Health Series with N. Avelina Aguirre • Five Thursdays, Jan. 22-Feb. 19, 6-7:15 p.m. or Five Saturdays, Mar. 7-April 4, 11 a.m.-12:15 p.m. • A fun and informative class that combines wellness, nutrition, and fitness for better health, weight loss, and firming the body from head to toe. Family discounts available. $150 includes handouts, exercises, and food samples. $125 if you have equipment. Call Natural Health and Movement Arts at 998-1198; a2naturopathy@aol.com.

Home Edition Fitness Program with N. Avelina Aguirre • Jan. 25, 3-4:30 p.m. or Feb. 21, 9:30-11 a.m. • A total body workout for those that prefer a home or travelling fitness program. Modifications provided. $60 includes handouts, exercises, and food samples. $125 if you have equipment. Call Natural Health and Movement Arts at 998-1198; a2naturopathy@aol.com.

Exercise and Fitness Classes at Ellen Thompson Women's Health Center • Sessions run Jan. 5-Feb. 20 and April 27-June 12 • A variety of co-ed fitness classes are offered. For details, dates, and times, call 712-5800; www.sjmercy-health.org.

Fit-Life Balance: Fitting Exercise Into Your Busy Life with Lynda Gronlund • Jan. 3, 2 p.m. • Learn strategies and brainstorm ways to work exercise into your life without giving up the other things that are important to you. Body composition testing is also included. $10. Call 248-739-0841; balancepoint.fitness@gmail.com.

Equipment-Free Exercise with Lynda Gronlund • Feb. 7, 2 p.m. • Learn strength, cardio, and flexibility exercises you can do without any equipment! $10. Call 248-739-0841; balancepoint.fitness@gmail.com.

Physical Confidence with Lynda Gronlund • Mar. 7, 2 p.m. • Look and feel better by improving your posture and movement. Standing, sitting, and walking with confidence and purpose will change your outlook and others' perceptions of you for the better. $10. Call 248-739-0841; balancepoint.fitness@gmail.com.

Exhibits

Ann Arbor Art Center's Exhibition Gallery Shows • Free. Call Irene Gelbord at 994-8004; www.annarborartcenter.org.
Probing the Matter of Substance • Jan. 9-Feb. 15 • Artists Jung Yeon Choi, Helen Gotlib, and Mary Penn explore the organic world in which we live through a variety of mediums.
Technology Configured • Feb. 20-Mar. 29

The Infinite Landscape: Master Photographers from the University of Michigan Museum of Art Collection Off-Site • Through Jan. 4 • In anticipation of UMMA's reopening in early 2009, this exhibition will present some of the most compelling landscape images from the Museum's renowned collection. From a selection of classic views by Ansel Adams, Harry Callahan, and William Henry Fox Talbot to the contemporary Michael Kenna and Sally Mann, these images reflect 19th and 20th century European and American artists responding to the natural environment. Free. Call 763-UMMA; www.umma.umich.edu.

Feng Shui

Feng Shui Your Way to Better Health with N. Avelina Aguirre • Jan. 27 or Mar. 10, 6-7:30 p.m. • This intro class teaches ways to create a balanced living and working environment by the art of placement. Learn to rearrange energy for health enhancement. $50. Call Natural Health and Movement Arts at 998-1198; a2naturopathy@aol.com.

Feng Shui Sound and Color Cures with Wendy Warrick • Jan. 28, 6:30-8:30 p.m. • As vibrational energies, both color and sound are very powerful feng shui tools. Learn advanced techniques and deeper metaphysical truths to catalyze transformational change in your life. $35. Call 222-0872; thespiritofplace@sbcglobal.net.

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The Crazy Wisdom Calendar

Feng Shui *(continued)*

Feng Shui and Art with Wendy Warrick • Feb. 25 • This is an experiential workshop exploring how the creation of art affects not only your mood, but the chi of your space. Join us as we play with pastels to journey into this magical place. $40. For times, call 222-0872; thespiritofplace@sbcglobal.net.

Flower Essences

EMF Balance: A Class with Merri Walters • Feb. 7, 1-4:30 p.m. • The "soup" of powerful technology that surrounds us emits unhealthy electromagnetic fields, or EMF, that can disrupt our systems, making it a challenge to adjust and remain balanced. Merri will be sharing how flower essences help balance EMF and ground one's body, offering protection, clarity, and peace. $150 with early registration discount offered. Call Drew Sauer at 663-3160; www.sacredessences.com.

Bach Flower Remedy Healing: An In-Depth Study of the 38 Remedies with Laurie Akerros • Mar. 28-29, 9 a.m.-5 p.m. each day • Dr. Edward Bach discovered the profound healing effect of various flower and plant tinctures on our emotional, mental, and spiritual subtle bodies of the human energy field. Students will learn how to assess when a remedy might be helpful, experience an in-depth study of the 38 remedies, and learn how to properly prepare them. This is appropriate for parents to help their family and for any holistic practitioner. $195. Call 255-2677.

Flower Essences: Working with the Subtle Healing Energies of Plants with Bronwen Gates • Individual classes or a year-long program • The petals of each flower carry a healing pattern that can provide a blueprint for our own bodies to remember their patterns of healthy functioning. Flower essences resource both for addressing imbalance, and also as source for healing resonance to help us remember and imagine possibility. Used orally and topically, flower essences provide an approach to health and well being that is truly user-friendly, sustainable, and cost effective. Come learn about flower essences or upgrade your skill level. For details and cost, call 975-8754; bronwild@aol.com.

Global Economy

Food, Fuel, and Finance Changes in the Global Economy: Implications for the Lives of the Most Vulnerable with Mariama Williams through Weber Center • Mar. 24, 7-8:30 p.m. • Rapid changes in the world economy are generating upheavals in global, national, and regional food, energy, and financial markets. Simultaneously, the global community has made significant commitments to end poverty and hunger and provide access to water and sanitation. What are the implications for those most vulnerable? Free will offering. Call 517-266-4000; webercenter@adriandominicans.org.

Grief & Grieving

Emerging from Grief and Trauma with Cendra Lynn • Feb. 16, 7:30-9:30 • We will review basic grief recovery and explore complications in grief and the special needs of trauma survivors. Highly participatory. $20. Call 761-1960; cendra@griefnet.org.

Herbs, Plants & the Garden

Using Herbs to Address Inflammation with Linda Diane Feldt through People's Food Co-op at Crazy Wisdom Community Room • Mar. 26, 7-8:30 p.m. • Systemic inflammation has now been implicated in a number of health concerns including heart disease, cancer, and diabetes. Herbal remedies have always been available to address this problem, along with adding and avoiding certain foods. Inflammation is one of the more important health challenges you may face, no matter your age and current health status. Free. Call 994-4589; info@peoplesfood.coop.

Money Saving Remedies: Grow It, Find It, Make It Yourself with Linda Diane Feldt through People's Food Co-op • Feb. 26, 7-8:30 p.m. at Crazy Wisdom Community Room • Herbal remedies offer more than simple effectiveness. With ingredients you can harvest and prepare, this is also a way to save money on health care costs. Learn what resources are available in your yard, nearby fields and woods. Free. Call 994-4589; info@peoplesfood.coop.

Nine Month Herbal Intensive with Jim McDonald • March through November • From spring through fall, we'll explore the world of the plants that grow around us, learning how to identify, collect, prepare, and use our own local herbs to nourish and restore wellness. We'll also discuss how to address many common problems and imbalances, and look specifically at how to differentiate causes and treatments so we can develop a truly personalized, energetic relationship with herbcraft. This course will focus on the foundational principles of herbalism, applying them to body, mind, and soul. $750. Call 248-737-3589; www.herbcraft.org/intensive.html.

Natural Mushroom Cultivation with Matt Demmon • April 18, 1-4 p.m. • Want to learn how to grow edible and medicinal mushrooms in your backyard? Gain hands-on experience inoculating logs with dowels at Little House Farm in Northfield Township. Other techniques and methods will be discussed. $40 or $60 to take a log home. Call 255-2783; mdemmon@gmail.com.

Herbs to Calm the Minds, Body, and Spirit with Jim McDonald • Jan. 11, Noon-6 p.m. • Explore the ways in which lifestyle, mindset, and herbs can ease the impact of stress, build the body's vital energy, and lift the spirit. $50, or $40 in advance. For date, call 248-737-3589; www.herbcraft.org.

Herbs for the Urinary Tract, from Tea to Pee with Jim McDonald • Sunday in March, Noon-6 p.m. • This is a holistic exploration of the urinary tract. Learn how common herbs can cure ails and restore both structure and foundation. Special attention will be paid to individualization and discussing how to choose specific herbs for specific needs. $50, or $40 in advance. For date, call 248-737-3589; www.herbcraft.org.

Living Botany: Exploring the Manifest Gifts of Plant Bounty with Bronwen Gates • Individual classes or year-long apprenticeship program of observation and partnering discourse with plants • Scientific knowing and shamanic knowing are different ways of accessing the complexity and mystery of plants, and it is essential that we use both approaches to facilitate our understanding of plants and nature, and dismantle mistaken understandings. Plants hold many of the keys to the sustainable futures that we seek to create, and to our own health and well being. Come explore the complexity and generosity of plants and how to enjoy their nourishing and healing gifts to enhance your own enjoyment of life. For cost, call 975-8754; bronwild@aol.com.

> If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people.
>
> - Thich Nhat Hanh

Holistic Health & Healing

Taking Charge of Your Health with Cinda Hocking and Jennifer Giordano • Feb. 5, Mar. 19 or April 23 • This is a 90-minute class for people who want strategies for taking charge of their health. Learn how to be your own health advocate and be an active participant in maintaining your well being. $25 each session. For times, call Jennifer at 248-497-9446; jennifergiordanodo@gmail.com.

Arbor Farms 2008-09 Lecture Series: Pain-Free Living with Ann-Margaret Giovino • Lectures offered twice: 10:30 a.m. or 7 p.m. Free. To reserve your space, call 996-8111. Contact ann-margaret@gymgiovino.com.
Curing Back Pain at Any Stage • Jan. 28 • Since muscular atrophy first occurs deep within the core, the spine gradually loses its S-shape and gravity takes hold. Take an exciting journey up and down the spine and discover why your back hurts and how your muscles have everything to do with it.
Rounded Shoulders: Rx for Pain • Feb. 25 • In our computerized world, we're all rounding at the shoulders. Is it any wonder that rotator cuff issues, tendonitis, tingling or numbness in the arms, and frozen shoulder are rampant today? Find out how they're all symptoms of the same thing, and what to do about it.
Flexible Hands, Wrists, and Elbows • Mar. 25 • Nothing is more annoying than painful hands, wrists or elbows! Learn the connection between your shoulders and tennis/golf elbow, carpal tunnel syndrome, and arthritic pain. Take the friction and stress out of the joint, allow proper biomechanics, and let the healing begin.
Get Rid of That Pain in the Neck • April 22 • The hot, new syndrome is supposedly "forward head posture". Find out what causes it, and why fixing it won't completely solve your problem. You have to address the whole body before you can relieve your headache, TMJ disorder, dizziness, neck pain, and stiffness.

Lines On My Face: What They Mean with N. Avelina Aguirre • Jan. 25, 1-2:30 p.m. or Mar. 14, 2-3:30 p.m. • Bags under my eyes and lines on my forehead. Lack of sleep and worry? Come learn the natural health meaning of what the face reveals. $20. Call 998-1198; a2naturopathy@aol.com.

Sclerology: Health Revealed in the Eyes with N. Avelina Aguirre • Feb. 15, 1-2 p.m. or April 4, 3-4 p.m. • Can our health be reflected in our eyes? Learn what this science has to say about those red lines and other markings. $10. Call 998-1198; a2naturopathy@aol.com.

Medical Empowerment Workshop with Sierra Hillebrand • Jan. 31, 9 a.m.-4 p.m. • This one-day class offers women a holistic and multi-faceted approach to developing medical empowerment resources, skills, and techniques. Topics covered include communicating with caregivers, developing support systems, mind-body approaches to anxiety reduction, and strategies for informed decision-making. $180. Call Woman Safe Health at 477-5100; info@womansafehealth.com.

EMF Hazards and Remediation for Cell Phones and Other Devices with Ray O. Golden • Jan. 22 or Mar. 25, 7-9 p.m. • Electrical and Magnetic Fields (EMFs) are all around us - cell phones, computers, electronics, and appliances. They affect not only our physical health, but our personal energy field or aura at many levels. Learn more about the various sources of EMFs and how to counteract or remediate them. $20 includes individual testing of your sensitivity to your cell phone and a remediation device. Call 663-9724; www.rayogoldenreiki.com.

Anthroposophic Inpatient Therapy Center with Molly McMullen-Laird and Quentin McMullen at Rudolf Steiner Health Center • Feb. 9-21 or April 13-25 • Receive anthroposophic medical care, nursing care, artistic therapies, and dietary measures including eurythmy therapy, art therapy, speech formation therapy, nutritional counseling, and rhythmical massage for the treatment of chronic illness. For cost, call 663-4365; www.csamwebsite.org.

Gut Disorders and Their Effects on the Whole Body with Milagros Parades of Indigo Forest • Feb. 8 or April 26, 2-3:30 p.m. • In traditional, holistic systems of medicine, the health of the digestive system is the foundation of overall health, and is reflected in the nervous system, immune system, reproductive system, and respiratory system. This class will present the groundbreaking work of Dr. Campbell-McBride, which reveals the connection between the gut and a wide range of learning disorders, immune system disorders and allergies, depression, schizophrenia, asthma, etc. We will also have a period of questions, answers, and discussion about gut disorders, their ramifications, and treatment. $20-$30 sliding scale. Call 994-8010; info@visitindigo.com.

The Natural First Aid Kit and How to Use It: The Basics, Class 1 with Nicole Pacquin of Indigo Forest • Feb. 3 or Mar. 24, 6:30-8 p.m. • This popular class introduces the basics of first aid with an all-natural kit including homeopathics, essential oils, herbs, and more. Imagine your confidence and ability after spending this time learning how to use to the kit you design especially for your family. $30 per person or $50 for two. Call 994-8010; info@visitindigo.com.

Vaccines #1: Informed Choice with Nicole Pacquin of Indigo Forest • Jan. 6, Feb. 10 or Mar. 31, 6:30-8 p.m. • Few topics are more controversial and challenging to parents than vaccinations. Join us to debunk some of the confusion and myths, such as the difference between vaccination and immunization, what Michigan law really requires, how serious and prevalent the childhood illnesses are, how the vaccine schedule is changing, how we compare to other industrialized nations, and more. $30 per person or $50 for two. Call 994-8010; info@visitindigo.com.

Vaccines #2: Supporting the Immune System Naturally with Nicole Pacquin of Indigo Forest • Jan. 27 or Mar. 10, 6:30-8 p.m. • Whether you choose to vaccinate or not, many parents wonder how to naturally support their children's immune systems. A good introduction to natural therapies, this class also covers a wide range of preventative measures specifically focused on communicable diseases such as mumps, measles, and whooping cough. $30 per person or $50 for two. Call 994-8010; info@visitindigo.com.

Let Me Feel Your Forehead with Nicole Pacquin of Indigo Forest • Jan. 13, Feb. 17 or April 7, 6:30-8 p.m. • Have a child with a cough, cold, fever or flu? Would you like to learn about safe, natural remedies that can effectively ease your child's ailments (and yours)? This class will empower you to approach your child's next illness with confidence in your ability to support them naturally in their healing process. $30 per person or $50 for two. Call 994-8010; info@visitindigo.com.

Living Your Body: How Your Body Works and How to Enjoy Living in the One You've Got with Bronwen Gates • 12-session class beginning in February and as a year-long journey • The body is a domain of nature and understanding more of what that means can transform your relationship to your body. Come learn how to access the wisdom system that is your body, and how your physical energy bodies relate to each other in your own particular, unique experience of being alive. For cost, call 975-8754; bronwild@aol.com.

Homeopathy

Homeopathic Remedy Families with Diana Christoff Quinn • April 18 • Plant, animal or mineral? Join us for an interactive workshop on families of homeopathic remedies and the practical application of remedy families. $40. For times, call 769-4981; www.naturopathicwomenshealthcare.com.

Homeopathic Kit Classes with Mary Tillinghast of Castle Remedies • Jan. 7, 7-9:30 p.m.; Jan. 24, 2-4:30 p.m.; Feb. 10, 7-9:30 p.m.; Feb. 21, 2-4:30 p.m.; Mar. 2, 7-9:30 p.m.; Mar. 21, 2-4:30 p.m.; April 7, 7-9:30 p.m.; April 25, 2-4:30 p.m. • This is a practical class that covers choosing and using homeopathic remedies for home care. $75. Call 973-8990; castleremedies@gmail.com.

Infant Massage

Infant and Baby Massage Classes with Ann Zalek of Lamaze Family Center • Four Mondays: Jan. 12-Feb. 2, 1-2 p.m.; Three Saturdays: Feb. 14-28, 9:30-11 a.m.; or Four Mondays: Mar. 23-April 20, 5:30-6:30 p.m. • For infants ages two weeks to 12 months and one or two parents/caregivers. Massage stroke sequences for each body area are introduced gradually throughout the course. Ample time is provided to review strokes. A gas/colic routine and gentle movements are included. There are no performance standards. Massage is done at the pace the babies are willing to accept. $80 per family, per session. Call 973-1014; info@lamazefamilycenter.org.

Infant Massage with Linda Diane Feldt of Indigo Forest • Mondays: Feb. 2-23 or Mar. 23-April 13, 10-11:30 a.m. • In four informal classes together with your infant, you will learn how massage can help babies, how massage can help parents and babies bond, specific soothing and toning techniques and moves, therapeutic techniques for special circumstances, the theory and practice of reflexology and how it can be gently used with babies, and more. $60-$90 sliding scale includes handouts and oil. Call 994-8010; info@visitindigo.com.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Molly Ann Indura in the Crazy Wisdom Tea Room • Fridays, 7-10 p.m. • $1 per minute. No appointment necessary. Call 417-8317; mollyannindura@hotmail.com.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors, and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and third Sundays, 11 a.m.-2 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot and Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary, although a sign-up sheet is available. Call Marcella at 734-717-8513.

Life Circle: Psychic Development and Energy Group with William LeTourneau • Jan. 14, 28, Feb. 18, Mar. 4, 18, April 8, 22; 6:30-9 p.m. at Crazy Wisdom Community Room • Join us for a relaxing and insightful evening of meditation, grounding exercises, and community. Participate in various psychic modalities, energy work, drumming, and manifestation. Focus is on the philosophy of these universal principles. Ideal for the curious novice or experienced intermediate. $10 minimum donation. Call 412-708-1831; temperancespiritart@comcast.net.

Get Intuit with Shala Kilmer • Four weeks: Jan. 10-31, 10:30 a.m.-1:30 p.m. • Have you wondered why your intuition works so well sometimes and not so well at times when you really need it? Get Intuit will introduce many ways/tools for tapping in and you'll discover how your intuition is most easily accessed. $99. Call 248-258-8287; shalakilmer@comcast.net.

Foundations in Psychic Development I: How to Perceive Your Aura and Chakras in Meditation with Violeta Viviano • Saturday, 9 a.m.-5 p.m. and Sunday, 9 a.m.-4 p.m. • We each have a bubble of spiritual energy surrounding us called the aura. Using our own perceptive skills, we learn two easy yet powerful techniques upon which the other Foundation classes build. These techniques help us find our own psychic energy, clear blockages, and repair our chakras and aura. This is a basic class in John Friedlander's system, also known as "Boundaries and Flow", and is a prerequisite for all other classes and seminars. $175. For dates, call 677-2761; violetaviviano@ameritech.net.

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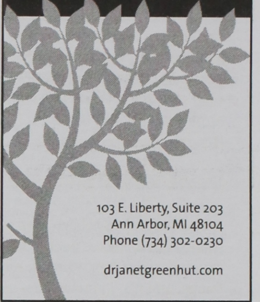
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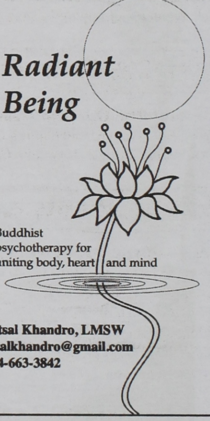
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Questions for Drummer Lori Fithian

Were you into drumming when you were a girl?

Kind of -- it was just part of our everyday life - something our family did for fun. I remember playing an old pair of bongos that we had around the house, and some maracas from Puerto Rico. We'd bring those to my Grandma's house and have back-porch jam sessions, where someone would also be tapping on a 7-up bottle while we sang stuff like "You are my Sunshine" or "I've Been Workin' on the Railroad." My brothers and I also had a tradition of what might now be called an "early form" of Beat-boxing... (just making drum sounds with our mouths.)

What do you most love about drumming?

Wow, that's always been hard to put into words. It's pretty magical -- drumming sounds good, makes people feel good and want to get up and dance, it's energizing, creative, super fun.... I think maybe what's "most" fun for me is that it's all those things, and it's so inclusive -- everyone can do it, and you can make instant connections with all kinds of people, all ages, through drumming. I remember one teacher saying, "you can't really have a room-full of 127 piano players or guitarists jamming together... but with drummers, in a drum circle, you can always add one more person!"

Drum circles take people into a kind of shamanic state, sometimes, yes? What do you have to say about that?

That's a good question, especially for me! I "know" about Shamanic drumming traditions, but I have never experienced it, so I can't say much about it. I've seen people get a bit "tranced out" in some of our circles - they go inward, deep into the rhythm, and kind of lose connection to the other people in the circle. I know it can be a great way to meditate -- to get into a groove and just stay there. That's always been tough for me, though: I like to mess around and play silly rhythm games with people... but maybe it's my tendency toward being "multi-focused" that keeps me from going there, into that trance state. I know one thing for sure, though, I'm not worrying or thinking about anything else while I'm drumming in a circle!

What is the book you most treasure about drums and drumming?

Oh my gosh, I have so many books that I love -- too many! I do have one that I got years ago at Crazy Wisdom, a little white paperback I found on the discount shelf, called "TA KE TI NA: the Forgotten Power of Rhythm" by Reinhard Flatischler, that I return to again and again. He does some really cool stuff with full body rhythm-consciousness, especially poly-rhythms -- playing, speaking and stepping different patterns at the same time. I think it's helped me become a better musician, all around.

I have a favorite kids' book called "And to Think that We Thought We Could Never Be Friends". It's about a family who gets annoyed with a new family of musicians that moves in next door, but joins them in their musical joy and then gets the whole neighborhood and then the whole world playing together in this huge parade. It's a beautiful rhyming story (in the Dr. Seuss tradition) that illustrates the connecting power of music.

I know you lead drum circles around town, including at Crazy Wisdom. Do you lead other drumming-related rituals, workshops, events and so on?

Lori Fithian is founder and creator of Drummunity, and has been facilitating drum circles and rhythm workshops since 1988.

Intuitive Awareness & Psychic Development
(continued)

Foundations in Psychic Development II: Space, Seniority, Neutrality, and Spiritual Fuel with John Friedlander • Saturday, 9 a.m.-6 p.m. and Sunday, 9 a.m.-3 p.m. • In this workshop, we will develop a deep understanding of how we use our own aura space to create our reality. We begin with psychic explorations that familiarize us with our space, and how we subdivide it through resistance to others. We can then learn to create our aura space through awareness rather than resistance, enabling us to create our own reality using our own spiritual fuel. $250 with discount offered. For dates, call 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development III: Seeing Auras with John Friedlander • Saturday, 9 a.m.-6 p.m. and Sunday, 9 a.m.-3 p.m. • In this two-day seminar, we will explore the psychic anatomy of clairvoyance (seeing auras), how to activate and empower this perception, and several ways to use this ability in making decisions, in healing oneself and others, and in deepening one's understanding of oneself and others. We will then move to actually doing comprehensive, systematic psychic readings in partnership with fellow students. Participants usually find they can easily increase their ability to perceive genuinely useful aura energies in just this one weekend. $250 or $225 in postmarked one months in advance. For dates, call Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development IV: Channeling with John Friedlander • Saturday, 9 a.m.-6 p.m. and Sunday, 9 a.m.-3 p.m. • Learn the clairvoyant mechanics of skillful channeling - how to prepare your space for channeling by running an ever clearer white light vibration while still owning and governing who and what occupies your space. This requires clearing psychic agreements, karma, and thought forms that distort both ordinary awareness and channeling. $250 or $225 in postmarked one months in advance. For dates, call Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development: Level I-II Practice Sessions with John Friedlander • Jan. 13, Feb. 10, Mar. 10, April 14; 7-9 p.m. • Open to all students who have finished Level I or II. Class begins with a clearing meditation. John Friedlander continues to bring new insights and deepening awareness to the development of the basic skills learned in the foundation classes. Also available by phone. $10 or $12.50. Call Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development: Level III Reading Practice Sessions with Violeta Viviano • Jan. 28, Feb. 25, Mar. 25, April 22; 7-9 p.m. • Open to all students who have finished Level III. We continue to deepen our perceptive skills and clairvoyance by reading our own aura and that of others, which helps us clear our own space. Class begins with a clearing meditation. We then break into groups monitored by a facilitator. $10. Call 677-2761; violetaviviano@ameritech.net.

I wouldn't call them rituals... but yes, I lead lots of different community drum circles. This is how I make my living now - I have a van-load of drums and percussion and I travel all over Michigan, to schools, camps, conferences, faith communities, festivals, parties, etc. to do what I call "in-the-moment" music-making. I call it "Drummunity" -- I bring the drums, you are the community! Everyone gets to play, toddlers to teens to office people to elders. I also offer workshops every once in a while, and I teach at a drum camp in Canada each summer.

Where would you most like to go, in the Ann Arbor area, on the morning after a 10-inch snowfall, if you don't have to go to work?

Well, I live in Dexter now, out in the country, so I'd probably be snowed in, and just want to tromp through the snow out here, down the quiet country roads. If I lived in Ann Arbor again, I would probably end up going for a hike (or sledding) at the Arb, getting some hot chocolate downtown somewhere, the Co-op or CW, and going to a movie at the Michigan.

What's the most fun you've had this past fall?

I had a pretty fun gig up north in mid-November -- 3 full days of drumming programs with schools up in Atlanta, Michigan. The kids were so excited and had so much fun drumming with each other. The highlight was when members of the high school jazz band showed up for a half hour, on my lunch break between the K-5 programs, and I got them all jamming together and learning about improvisation of a different sort. One game I play is to pass one of the colorful drum mallets and use it as a microphone, and you have to vocalize a rhythmic phrase that fits into a certain space in time. It was so fun to watch these kids coming out of their comfort suits and doing amazing spontaneous creative silly things, getting braver (and better) with each go 'round. This game always leaves your face hurting from smiling and laughing so much!

Where's the most exotic place you've been part of a drum circle?

That would have to be on the northern shore of Oahu, Hawaii, where Arthur Hull offers his facilitator training "playshop". It's pretty amazing to be outside (no bugs!) under the night sky, a warm breeze from the ocean just on the other side of the trees, a nice big fire, moonlight, stars and tiki torches for folks to see by, and amazing people from all over the world having fun together, drumming, singing, dancing, laughing.

Where would you love to travel to, outside of the United States?

I'm actually not much of a traveler... but whenever I find myself looking at a world map, I'm always stopping at South America, imagining how it might be to travel along the coast of Brazil, or the eastern coast, which looks so amazing with mountains and shoreline. Maybe someday I'll take a rhythmical tour, of the whole planet. That's one thing that playing the drum has given me, fellow drumming friends all over the world, and a universal language to speak wherever I go!

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Advanced Intensive with John Friedlander • April 24-26; Friday 7-9 p.m., Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • John will explore a new topic of advanced technical skill. John never knows exactly what a particular seminar will cover in detail until it is channeled, but this seminar is expected to focus on physical healing using different systems' orientations on the aura. Different systems perceive the aura differently, and each of those perspectives has strengths and limitations. Understanding the subtle difference between systems makes one's use of any particular system more powerful and effective. The underlying purpose of these practices is to cultivate an authentic kindness and generosity, which bring integrity and happiness. $250. Call 998-0340; rose_m_48105@yahoo.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Jan. 17-18, 10 a.m.-5 p.m. • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $189 with early payment and multiple discounts offered. Call 663-9724; www.rayogoldenreiki.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • Feb. 21-22, 10 a.m.-5 p.m. • Continue to develop your intuitive perception, do personal healing, and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $199 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Saturday and Sunday to be determined, 10 a.m.-5 p.m. • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $199 with early payment discount offered. For dates and times, call 663-9724; intuitivehealth@aol.com.

The Crazy Wisdom Calendar will be posted online starting January 5, 2009, at crazywisdom.net.

The Crazy Wisdom Calendar

Kabbalah

Kabbalah: Manna for the Mystical Journey with Iris Markham • Mar. 24 and 31, 6:30-9 p.m. at Crazy Wisdom Community Room • Mysticism is about being in relationship with God, even when we wander in the "wilderness" - that desolate place where it seems there is nothing to sustain us. Throughout life's journey, in desert and oasis, the teachings of the Kabbalah can nurture us like manna, if we are willing to search, to see, to move, to change. $10 each class. Call 248-627-6890; www.kabbalahandhealing.com.

Love & Relationships

Soul Mates as a Path to God with Lorraine Coburn • April 25, 10:30 a.m.-4:30 p.m. at Crazy Wisdom Community Room • Explore the joys and pitfalls of the soulmate relationship and learn how to experience God through it. $75. Call 646-6585; lorricassie@sbcglobal.net.

Discover a New Way to Love: A Free Relationship Workshop with Carole Kirby • Feb. 1, 2-4:30 p.m. at Crazy Wisdom Community Room • The Imago relationship therapy approach teaches people a new way to share and listen to each other's thoughts and feelings by offering a way to discover what's beneath your longstanding issues and what you can do differently, enhance your ability to communicate well with your partner, and change your reactive, ineffectual behaviors into a force for compassion, healing, and growth. Participants will experience an approach to talking and listening that helps couples really hear and understand each other. All participation is by choice and questions and dialogue are welcome. Free. All couples and singles welcome! Call 734-424-2797; carole777@aol.com.

Discover a New Way to Love: A Weekend Workshop for Couples with Carole Kirby • Mar. 27-29 • Give your relationship a gift. This weekend will offer you new tools and understanding that can help you co-create a closer, stronger coupleship. This workshop is based on the book, *Getting the Love You Want*, by Dr. Harville Hendrix, founder of Imago relationship therapy. All kinds of couples welcome! For cost and times, call 734-424-2797; carole777@aol.com.

Amends Making and Forgiveness: Why It's So Important with Carole Kirby • April 26, 2-4:30 p.m. at Crazy Wisdom Community Room • Come learn about the amazing capacity we have to develop compassion for ourselves and others and, in turn, to be able to forgive others who have hurt and disappointed us. This workshop will provide a plethora of ideas and information about the importance of amends making and getting to forgiveness. Free, but please pre-register. Call 734-424-2797; carole777@aol.com.

Massage

Couples Massage Seminar with Michelle Gordon • Jan. 17 or Feb. 21, 6-8 p.m. • Join us in an educational seminar that is designed to educate couples on basic techniques of performing relaxation massage. Instruction will include fully clothed demonstrations and participants will be guided while practicing techniques on their partners. $70 per couple. Call 734-416-5200; info@bodyworkshealingcenter.com.

Pregnancy Massage: A Nurturing Touch Class with Kathryn Hannan of TheraCare Therapeutic Massage • Jan. 10 or April 18, Noon-4 p.m. • This class is designed for family members to provide physical and emotional support to a loved one during pregnancy and labor. Expectant mothers and one companion learn relaxation pregnancy massage techniques, labor massage techniques, postural re-education as well as proper lying positions. $80 for expectant mother and one companion. Call 332-3800; kathryn@theracaremassagetherapy.com.

Relaxation Massage Class with Kathryn Hannan of TheraCare Therapeutic Massage • Mar. 21, Noon-4 p.m. • Taking time to de-stress and connect with friends and family is important. This class explores the many benefits of massage. The applications of relaxation (Swedish) massage strokes will be demonstrated and practiced. Techniques for self care will also be taught. $60 or $100 for you and a friend, includes light snack and manual. Call 332-3800; kathryn@theracaremassagetherapy.com.

Kaizen Healing Arts presents Massage Workshop for Partners with Alyssa Northrop and Kelly Kempter • Feb. 14, 1-5 p.m. • In this four-hour workshop, you will learn some essentials of massage that will enable you to give a better backrub! You will emerge knowing a basic back and shoulder routine for relaxation, tips for avoiding fatigue while giving a massage, and key contraindications. Invigorate your relationship, comfort a friend in need or just learn the basics of a new skill. $150 per couple includes workbook and massage care package. Call Kelly at 223-4156; www.kaizenhealingarts.com.

Myofascial Therapy I with Christia West of Ann Arbor Institute of Massage Therapy • Mar. 13-15, 9 a.m.-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage that addresses postural distortions and chronic Myofascial patterns of strain. We are treating the core muscles. We learn to correct dysfunction due to muscular imbalances in the core area. $350. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Myofascial Therapy II with Christia West of Ann Arbor Institute of Massage Therapy • Mar. 27-29, 9 a.m.-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage that addresses postural distortions and chronic Myofascial patterns of strain. We are treating the core muscles. We learn to correct dysfunction due to muscular imbalances in the core area. $350. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Myofascial Therapy III with Christia West of Ann Arbor Institute of Massage Therapy • April 17-19, 9 a.m.-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage that addresses postural distortions and chronic Myofascial patterns of strain. We are treating the core muscles. We learn to correct dysfunction due to muscular imbalances in the core area. $350. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Sports Massage I with Jocelyn Granger of Ann Arbor Institute of Massage Therapy • Feb. 7-8, 9 a.m.-5 p.m. • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre- and post-event work, maintenance work, and injury assessment and treatment. $250. 14 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Seated Massage with Christia West of Ann Arbor Institute of Massage Therapy • Mar. 21, 9 a.m.-5 p.m. • This course concentrates of teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. $150. 7 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Professional Ethics for Massage Therapists and Bodyworkers with Christa West at Ann Arbor Institute of Massage Therapy • Mar. 22, 9 a.m.-4 p.m. • This course is designed to meet the continuing education requirements for professional development and NCTMB recertification. Course includes lecture, classroom discussion, and activities. Textbook required. $125. 6 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Anatomy and Palpation Workshop with Christa West at Ann Arbor Institute of Massage Therapy • Jan. 16-18, 9 a.m.-4 p.m. • This workshop will expand the student's ability to palpate body landmarks, muscles, and structures. Emphasis is on anatomy, body mechanics, exercises for increasing sensory awareness, and self care. Experiential techniques are used to help distinguish muscles, bones, and various other structures. $350. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy II with Jocelyn Granger of Ann Arbor Institute of Massage Therapy • Jan. 9-11, 9 a.m.-5 p.m. • This workshop begins with an examination of the theory and history behind Neuromuscular Therapy. Shoulder, hand, arm, and lower leg and foot are the areas of focus. $350. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy III with Jocelyn Granger of Ann Arbor Institute of Massage Therapy • Jan. 23-25, 9 a.m.-5 p.m. • This workshop begins with an examination of the theory and history behind Neuromuscular Therapy. Abdomen, head, TMJ, and medial and anterior thigh are the areas of focus. $350. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Buddy Massage with Andrea Hill • Mar. 28, 2-4 p.m. • Bring the spa home to your friends and family. This class will show you how to increase health and happiness with clothed massage techniques that are easily mastered by the non-professional. $20. Call 255-8487; emailandrea@earthlink.net.

Medicine for the Earth

Medicine for the Earth: Restoring Health to Self and the Environment with Kate Durda and Stephanie Tighe • Mar. 21-22, Saturday 10 a.m.-5 p.m. and Sunday 9:30 a.m.-4 p.m. at Bengel Wildlife Center in Bath, Michigan • Two-day experiential workshop/personal retreat is based on the work of Sandy Ingerman in her book, *Medicine for the Earth*. You will learn how to transform personal and environmental energy blockages and 'pollution' by learning how to transmute negative beliefs, attitudes, and the energy that comes forth from our emotions. Learn about alchemy; create miracles. $120, or $100 pre-registered by Mar. 19. Call 517-543-6754; spiritweaver@voyager.net.

Meditation

Sahaja Yoga Meditation with Yogis of Michigan • Thursdays, 5:30-6:30 p.m. at Crazy Wisdom Community Room • Sahaja meditation is a method for awakening an innate power within, called the kundalini. Includes chakra cleansing, balancing stress, and relaxation. Free. Call Vic at 877-808-3334; info@michiganyoga.org.

The Heart of Awareness: Discovering Deathless Bliss and Perfect Wisdom with Traktung Rinpoche of Tsogyelgar Dharma Center • Mar. 19, 7:30-8:30 p.m. at Crazy Wisdom Community Room • Traktung Rinpoche, an American born master of Tantric Buddhism, will speak on the essence, nature, and energy of Buddhahood and how it is discovered in the midst of appearance. Free with donations welcome. Call A-tsal Khandro at 663-3842; www.tsogyelgar.org.

The Dakinis Play: Discover the Communication of Wisdom in Everyday Life with Traktung Rinpoche of Tsogyelgar Dharma Center • April 30, 7:30-8:30 p.m. at Crazy Wisdom Community Room • Dakinis are the feminine power of Buddhahood. Their play arises in every moment as the possibility of discovering the fully enlightened state. Traktung Rinpoche will discuss practical methods of Tantric Buddhism that connect us to this wisdom and beauty. Free with donations welcome. Call A-tsal Khandro at 663-3842; www.tsogyelgar.org.

New Year's Gathering with Self Realization Meditation Healing Centre • Dec. 30 before dinner though Jan. 1 after breakfast • With opportunities for quiet time, meditation, introspection, and sharing, this retreat will help you assess and evaluate your experience of the year that has passed, how you have been affected, grown, and progressed, and help you prepare for the year to come. The Centre has a meditation room, vegetarian food, quiet sitting areas, comfortable accommodation, and a large wooded area for nearby walks. $150 includes lodging and meals. Call 517-641-6201; info@selfrealizationcentremichigan.org.

Meditation Foundation Class with Self Realization Meditation Healing Centre • Jan. 17, 3-5 p.m. or Mar. 21, 10 a.m.-Noon • Conquer stress, improve concentration, find inner peace. Of value in all walks of life, meditation foundation training, which includes the meditative peace breath, helps you be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. Stay the night before or after to make it a retreat! $40 includes refreshments. Call 517-641-6201; info@selfrealizationcentremichigan.org.

Pure Meditation Course including Raja-Kriya Yoga with Self Realization Meditation Healing Centre • Feb. 15-21, 9:45 a.m.-5 p.m. • Do you yearn for true peace in your mind and joy of spirit? Pure meditation will give you the tools to relax, focus, and regain mastery of your mind to ease away the layers of ego, revealing your true self, lasting joy, and more. $495 includes lunches and refreshments or $765 includes lodging and meals. Call 517-641-6201; info@selfrealizationcentremichigan.org.

Instruction in Meditation with Cristo Bowers at Body-Mind-Spirit Wellness Center • Thursdays, 7-9 p.m. • Meditation class will consist of discussion and practicum. Open to all. Beginners and advanced alike will find benefit in the course. Free. Contact cristobowers@yahoo.com.

Meditation and Markers with Jennifer Flowers • Jan. 8, then the first Thursday of each month, 7-8 p.m. • Now is the time to give your children a gift they will forever cherish! This wonderful meditation class is geared to children ages 7 and up. We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw. $12. $6 each additional family member. Call 734-416-5200; info@bodyworkshealingcenter.com.

Insight Vipassana Meditation Group with Hugh Danville at Evolve Yoga Studio • Mondays, 7:30-8:30 p.m. • This meditation is a simple, direct practice: moment to moment investigation of the mind/body process through calm, focused awareness. By donation. Call Lois Gannon at 734-454-9642; www.evolve-yoga.net.

Standing Meditation with Dan Hoffman • Wednesdays starting Jan. 7, 7-8 p.m. • By working with our physical patterns in the body through the Chinese qigong of Zhan Zhuang, we can change our mental and emotional patterns. You can become more relaxed, balanced, and structured in your life just by working with this simple meditation technique. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Meditation in Motion with Mai Datta • Eight Thursdays: Jan. 29-Mar. 26; 2-3 p.m. • Dynamic mindfulness practices span many spiritual paths and traditions. Each session focuses on allowing conscious movement to unfold spontaneously while paying attention to the breath and the inner dimension. Rejuvenate your body, mind, and heart through conscious movement fused with visualizations and music, bringing joyousness of being to the heart, clarity to the mind, and vitality to the body. $95. No class Feb. 26. Call 268-6008; www.radiantnow.org.

Beginning Insight Meditation: The Practice of Happiness with Lou Weir and David Lawson of Deep Spring • Wednesdays: Feb. 4-Mar. 18; 7-9 p.m. • Insight meditation is an ancient and profound practice of moment-to-moment awareness of mind/body processes as a path to freedom. As we begin to free ourselves from habitual patterns that have caused our suffering, we start to experience the open, radiant heart that has always been with us but may have gone unnoticed. We will also work with a powerful support practice that enhances the heart's receptivity and intuitive connectedness with others. Designed for those new to the practice and anyone wanting to review the basics. No class Feb. 25. $59 or $69 outside Ann Arbor school district. Call 477-5848; info@deepspring.org.

Continuing Insight Meditation with David Coupland, Jim Whiteside, and Lisa Zucker of Deep Spring • Every other Tuesdays: Jan. 27-Mar. 24; 7:30-9 p.m. • Regular meditation can benefit body, mind, and spirit but often is difficult to sustain in our busy lives without a supporting community. If you have some prior experience with insight meditation and wish to stabilize or deepen your practice, we invite you to join this ongoing class. We will explore some of the core teachings of insight meditation, focus on hindrances and supports to practice, and discuss mindful living. $49 or $59 outside Ann Arbor school district. Call 972-0928; david.coupland@gmail.com.

Insight Meditation: Spirituality in Everyday Life with Erica Dutton and Mary Grannan of Deep Spring • Saturdays: Jan. 31-Mar. 14; 10 a.m.-Noon • Insight meditation is traditionally taught as a formal practice "on the cushion", but in this class, we will also provide instruction in carrying over learning to everyday life - a balance between the inner and outer life. We will be looking at how insight meditation can be used to support and enhance our efforts towards freedom at work, school, in family life and friendships. Designed for those new to meditation and anyone wanting a review of the basics. $59 or $69 outside Ann Arbor school district. Call 477-5848; info@deepspring.org.

Insight Meditation: Deepening Practice for Advanced-Beginners and Continuing Students with Ann Barden and Lisa Zucker of Deep Spring • Tuesdays: Mar. 31-April 21; 7:30-9 p.m. • This class will focus on strengthening skills for sitting and walking meditation. We will review beginning instructions and bring the class focus to particular practice issues as they arise. There will be opportunity to meet individually with a teacher. $28 building fee with optional offering to teachers. Call 477-5848; info@deepspring.org.

Meditation: Day of Practice with Carol Blotter of Deep Spring • Jan. 24, Feb. 28, April 4; 9 a.m.-4:30 p.m. at Michigan Friends Center in Chelsea • One-day retreats are a great opportunity to enjoy deep meditation and to experience support for our practice. The day includes brief meditation instructions (vipassana or insight meditation), sitting and walking meditation, a dharma talk, and optional private interviews with a teacher. $30 suggested donation per day as a fundraiser for Michigan Friends Center and Deep Spring. Call 475-0942; info@deepspring.org.

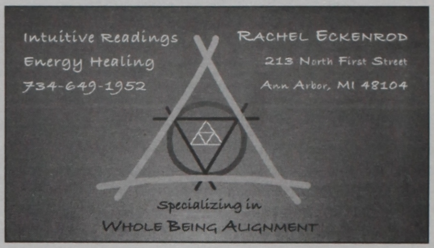
Introduction to Insight Meditation Half-Day Workshop with Deep Spring Teachers • Jan. 17 with Mary Grannan and Peg Tappe, 9 a.m.-Noon; or Mar. 14 with Peg Tappe, 9 a.m.-Noon • An introduction to insight meditation. No experience necessary. This program provides an excellent opportunity to find out what the practice is all about and experience it firsthand. The workshop is oriented to beginners and recommended for meditators who would like a refresher in practice fundamentals. $20 building fee with optional donation to teacher. Call 477-5848; info@deepspring.org.

Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center Teachers • Sundays, 10-11:30 a.m. • Sunday morning sitting (insight meditation) from 10-11 a.m., followed by 30 minutes of mindful sharing. Donations accepted. Call 477-5848; info@deepspring.org.

Tuesday Morning Group Meditation with Bilha Rivlin of Deep Spring • Tuesdays, 6:30-7:15 a.m. • Sitting meditation to start the day. Please enter and depart in silence. Instruction not provided. Donations accepted. Call 477-5848; info@deepspring.org.

Meditation Retreat: Vipassana and Mindfulness - Come As You Are with Ann Barden and Susan Weir of Deep Spring • Mar. 20-22 at Rudolf Steiner House • A weekend meditation retreat with residential or commuter options. Instruction in sitting and walking meditation, small group meetings, and evening dharma talks. Silence will be held at other times. Open to all levels. Especially supportive for first-time retreatants, and beginners and anyone wanting to deepen meditation. $130 commuter, $155 residential shared room or $180 residential private room. Call Pat Shalis at 996-3743; info@deepspring.org.

Introductory Meditation at Ann Arbor Yoga and Meditation School with Ema Stefanova • Thursdays, 4:15-5:30 p.m.; Fridays, 10:45-11:45 a.m. or Sundays, 9:15-10:30 a.m. • Learn active and passive Vedic and Tantric style meditation to help with the pressures and insecurities of real life. Non-denominational. For cost, call 665-7801; www.YogaAndMeditation.com.



Psychotherapy from a Bioenergetic and Transpersonal Perspective

Ruth Riegel, Ph.D, CBT
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Ann Arbor, MI 48104 (734) 761-9183

The Crazy Wisdom Calendar

Menopause

Transitioning Into Menopause with Sara Warber, Rita Benn, Jenna Wunder, and Leigh Ann Phillips-Knope • April 18, 10 a.m.-4 p.m. • As part of the Vibrant Women through the Life Cycle Series, UM Integrative Medicine presents a day-long workshop incorporating nutrition, mind-body skills, and shamanic healing to optimize your health as you transition into menopause. Learn about common challenges and how to develop resiliency while sharing with other women in the same stage of the life cycle. This workshop will be help in Manchester. Space is limited. $100 includes lunch. Call Alyssa at 998-0033; umim-info@edu.com.

Men's Work

Men's Lives and Stories: The Crazy Wisdom January Salon • Thursday, January 15, 7 p.m. at Crazy Wisdom Tea Room • The winter session of the salon series begins with an evocative evening devoted to Men's Lives and Stories: Seven Men from Ann Arbor's Longest Running Men's Group (30 Years!) will speak about what gets discussed in their men's group, and the role the group has played in their lives. Both men and women are welcome. There will be an opportunity for questions and conversation. The evening will also be an opportunity for interested men to consider whether they would like to be part of this long-running men's group, or to form a new one. The speakers will be Social Work Professor Emeritus Charles Garvin, Music Therapy Professor Michael McGuire, Philosophy Emeritus Professor Richard Gull, Social Workers Michael Andes, Jim Wilton, and Cam Vozar, and Crazy Wisdom Bookstore owner Bill Zirinsky. Free. For more information about the Salon series, call 665-2757; www.crazywidom.net.

Wake Up to Your (W)hole Life: For Men Only, By Men! with Steve Burison and Steven Scally • Feb. 28-Mar. 1 • Two-day intensive to learn the art of intentional spiraling. Empower your life, make sense of your life, and transform your world. Learn the secret life of (w)holes. $275. Call Alaya at the (W)hole Point Institute at 603-895-4530; www.wholepoint.us.

Music & Sound

Cafe 704 Coffee House Concert Series • Last Saturday of each month, 8-10:30 p.m.; Doors open at 7:30 • Come hear live monthly acoustic music in an intimate, smoke- and alcohol-free venue with plenty of parking! Refreshments for sale. Admission by donation. Call Dave Bell at 734-327-0270; cafe704@gmail.com.
Feb. 28 • Six Foot Poles are a five-piece family band that play vintage classic rock with a Motown twist.
Mar. 28 • Bill Bynum & Co. is a Metro Detroit Songwriting Showcase winner with musical and familial roots in the South, with echoes of bluegrass and country.

Sunday Night Live! with Spencer Michaud, Curtis Glatter, and Dan Piccolo at Bond-Mind-Spirit Wellness Center • Jan. 18, Feb. 8, Mar. 22, April 19; 7-9 p.m. • Join us for an evening of acoustic music that can be both relaxing and invigorating, but always healing. Local artists will be featured exhibiting a wide range of instruments and styles. All ages welcome. Free with donations accepted for musicians. Tea will be served. Call Adam or Ali at 945-8602; staff@bmswc.com.

Jazz and Chocolates: A Fundraiser for Chelsea Center for the Arts • Mar. 13 at Chelsea Depot • Enjoy a delightful evening guaranteed to quench your palette for jazz and chocolates! Delicious chocolate desserts and treats will be served, adding to the enchantment of the evening. Proceeds go to the CCA and a scholarship fund. $5-$25 requested donation. Call Molly Root for times at 433-2787; www.chelseacenterforthearts.org.

Play the Bells in the Tower at Kerrytown Market and Shops with Heather O'Neal • Every Wednesday and Friday, Noon-12:30 p.m. and Saturdays, 10:30-11 a.m. • Play the charming melodies of the Kerrytown chime — a seven ton world class musical instrument made of 17 bells. Choose from over 100 songs. Play by number. Easy and tons of fun! Free. Call 369-3107; ofglobal@aol.com.

Music Courses through Chelsea Center for the Arts • For complete descriptions, cost, and times, please call Molly Root at 433-2787; www.chelseacenterforthearts.org.
Jazz Ensemble with Alex Anest • Saturdays, Jan. 24-May 16 • $300.
Music Theory with Lester Castellana • Mondays, Feb. 2-23 or Tuesdays, Feb. 3-24

Mozart's Magnificent Voyage: Family Concert Event through University of Michigan Museum of Art • Jan. 25, 2:30 p.m. art class; 4 p.m. concert • Families have the opportunity to create their own voyage in oil pastels before the 4 p.m. concert. $12 adults, $5 children. Call 763-UMMA; www.umma.umich.edu.

Music and Dance Performances through the University Musical Society • For information on ticket prices, contact UMS Ticket Office at 764-2538; umstix@umich.edu. For extensive, complete 2008-09 season listings, visit www.ums.org.
Jan. 9-11 • Rubberbandance Group
Feb. 12 • Sweet Honey in the Rock
Feb. 13 • Kodo
Feb. 14-15 • Batsheva Dance Company
Mar. 12 • Aswat: Celebrating the Golden Age of Arab Music with Simon Shaheen and the Golden Age Orchestra
Mar. 13-14 • The Silk Road Ensemble with Yo-Yo Ma, Cello
Mar. 22 • Zakir Hussain, tabla, with Pandit Shivkumar Sharma, santoor
April 4 • Chick Corea and John McLaughlin: Five Peace Band

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 64.

Naturopathy

Metabolic Balance for Women with Diana Christoff Quinn • Jan. 15, 22, and 29; 7-8 p.m. • Ready to commit to a healthier diet and lifestyle? Join us for a three-class series and companion one-on-one consultation to get you on the path to wellness. Nutrition, movement, stress management, and natural remedies will be discussed in a supportive environment for women. $150 includes all three classes and consultation. Call 769-4981; www.naturopathicwomenshealthcare.com.

Salts and the Memory of Water with Diana Christoff Quinn • Feb. 7, 1-3 p.m. • Expand your knowledge of homeopathy in an interactive workshop on salt remedies. In addition to materia medica study, we will explore the relationship between the salts and some quantum theory behind the science of homeopathy. $40. Call 769-4981; www.naturopathicwomenshealthcare.com.

Perimenopause: Easing "the Change" with Diana Christoff Quinn • Mar. 12, 19, and 26; 7-8:30 p.m. • Perimenopause may begin as early as 35 and continue across to the transition to menopause. In this three-part class, we will discuss natural remedies and other practical tools to ease the passage and promote well being of mind, body, and spirit. $60 for three-class series or $25 per class. Call 769-4981; www.naturopathicwomenshealthcare.com.

Nutrition & Food Medicine

The Myth of Fasting with Linda Diane Feldt through People's Food Co-op at Crazy Wisdom Community Room • Jan. 22, 7-8:30 p.m. • "Cleansing" through fasting and radical diets is promoted as a healthy way to rid your body of toxic buildup, but what is really happening inside your body, and what are some possible side effects of fasting? We'll cover how our bodies function, how cleansing regimens can affect us, and better alternatives for maintaining health. Free. Call 994-4589; info@peoplesfood.coop.Free. Call 994-4589; info@peoplesfood.coop.

Nutrition and Health Lecture Series with Ellen Bogard through People's Food Co-op at Crazy Wisdom Community Room • Free. Call 994-4589; info@peoplesfood.coop.
The Whole Truth About Grains on Jan 8, 7-8:30 p.m. • Go grain-free and feel better! Fresh fruits and vegetables meet our needs best. Lecture followed by a grain-free past demonstration and tasting.
Conquer Your Cravings, the Delicious Way! on Feb 3, 7-8:30 p.m. • Learn how you can thrive and be completely satisfied with a truly natural diet of fresh, raw plant foods.
Spring Detox, the Natural Raw Food Way! on April 2, 7-8:30 p.m. • The surprising truth about most cleanses, flushes, and detox programs. Learn how to detox the safe and healthy way. Lecture followed by a demonstration of natural detox recipes.

Trusting Our Guts: Body Image, Eating Issues, and Parts of Ourselves with Tanis Allen • Jan. 25, 2-5 p.m. at Crazy Wisdom Community Room • This workshop will explore the connections between the eating-related and body image issues that many of us experience as a function of growing up in our culture, and the "parts of ourselves" that may contain particularly extreme beliefs that manifest in a variety of ways. Compulsive or emotional eating, restricting or minimizing our physical needs and desires, and using food to numb ourselves are ways in which these parts of ourselves manage those burdens. $20. Call 417-7667; tanis_jo@yahoo.com.

Living Vibrantly, Level 1 with Ellen Livingston of Living Yoga • Four Saturdays: Jan. 10 and 24, Feb. 7 and 14; 9:30-1:30 p.m. • Health is something we can all attain and this revolutionary course will empower you with the knowledge you need to create vibrant health that lasts a lifetime. Separate fact from fiction, and learn the foods you are biologically designed to eat. Lose unwanted weight permanently, learn how to achieve your energy and health potentials, and feel better than you ever thought possible. $247 includes food and three books. Call 995-0875; www.livingyoganow.com.

Raw Food Potluck with Ellen Livingston of Living Yoga • Jan. 18, Feb. 15, Mar. 15, April 19; 1-3 p.m. • Open to all who are interested in exploring and learning about the many benefits of a raw, vegan diet and lifestyle. Come join our growing healthy community and get the support you need. Please bring a raw, vegan dish to share. Free. Call 995-0875; www.livingyoganow.com.

Raw Food Health Lectures at Arbor Farms Market with Ellen Livingston of Living Yoga • Jan. 15, Feb. 19, Mar. 19, April 16; 6:30-8 p.m. • Learn how to achieve your health and energy potentials naturally. Discover the diet you are biologically designed to thrive on. Each night includes a new lecture topic, food demonstration, and tasting. $10. Call 995-0875; www.livingyoganow.com.

Food Additives and Your Health with Amanda Jordan • Jan. 24, 4-5 p.m. • Do you feel overwhelmed reading the ingredients list on your favorite foods? Do you want to know how those additives may be affecting your physical and emotional well being? Join us for this interactive discussion. Donations accepted. Call 272-9798; holisticliving98@yahoo.com.

Healthy Cooking Classes through Ellen Thompson's Women's Health Center • 5:30 p.m. • Choose from an array of healthy cooking classes taught by registered dieticians who are culinary specialists, including ethnic cuisine. $35 per person. For dates, call 712-5800; www.sjmercyhealth.org.

Cancer Prevention, Cancer Survival: Cooking Classes through Ellen Thompson's Women's Health Center • Jan. 7-28, 11 a.m.-1 p.m. • Get on the right track to healthy eating with cooking demonstrations, tasting, and nutrition presentations. No fee for four-week series. For the day of the week this class meets, call 712-5800; www.sjmercyhealth.org.

Vegetarian, Vegan, Macrobiotic Potluck Dinner and Lecture • Jan. 31, Feb. 28, Mar. 28, April 25; 6:30 p.m. dinner, 8 p.m. lecture • Join us for a new speaker each month. By donation. Call Bob Lewanski at 248-680-8688; healthforcecenter.com.

Food for Life Nutrition and Cooking Class Series for Cancer Prevention and Survival: Maintaining a Healthy Weight at Whole Foods • Ongoing class series includes a 10-minute nutrition video followed by an hour-long cooking demonstration and sampling of food prepared. Open to cancer survivors, friends, family, and anyone interested in cancer prevention and health eating. This class will discuss filling fiber- and nutrient-rich dishes to help maintain a healthy weight. Free. Registration required. To register, call Susan Bellinson at 975-4500.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • Jan. 13, Feb. 10, Mar. 10, April 14; 7 p.m. • Come join us for tea and networking on Witches' Night Out with Rachel Green at the Crazy Wisdom Tea Room. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.50 for pot of tea with free refills. For more information, contact rachelgreen@crazywisdom.net.

Parenting

Healing the Feeling Child: A Connection Parenting Workshop with Kathi Waters • Jan. 17, 1-3 p.m. at Crazy Wisdom Community Room • Responding to temper tantrums, crying, frustration, grief, and anger is a challenge that parents face every day. When we learn why the crying is the healing, not the hurting, we gain a new level of understanding and skill in responding to these emotions in our children and in ourselves. $20 for individuals or $30 couples. Call 517-522-3057; listen2children@gmail.com.

Meeting the Needs of Children: A Connection Parenting Series with Kathi Waters • Thursdays: Jan. 29-Mar. 12, 7-9 p.m. at Crazy Wisdom Community Room • This workshop is designed to help adults gain a greater understanding of why children act the way they do, ideas for responding positively, and tools for building a stronger sense of family connectedness. The week of Feb. 23, class will be held Wednesday, Feb. 25. $140 for individuals or $210 couples. Call 517-522-3057; listen2children@gmail.com.

Consciously Parenting Today's Children with Mara Bell Mancini-Lander at Body-Mind-Spirit Wellness Center • Jan. 6, Feb. 3, Mar. 3, April 7; 7-9 p.m. • This workshop includes critical information for parents pursuing a path of conscious awareness, as well as methods to help you feel grounded and empowered. Topics will vary monthly. $30 or $50 for couples. Call 417-3143; www.expandingconsciousness.net.

Mothering Arts Support Group with Barbara Robertson and Cia Gabriel of Center for the Childbearing Year • Eight Mondays, ongoing, 10 a.m.-Noon • This group focuses on making a positive adjustment to the joys and challenges of being a new mom. Topics include sleep issues, breastfeeding, baby wearing, taking care of yourself, sex after baby comes, birth stories, infant massage, baby signs, and more. Eight-week class repeats consecutively and can be joined at any time. Moms and babies up to six months welcome. $60. Call 663-1523; patty@center4cby.com.

Finding Balance as a Mother with Sara Warber, Rita Benn, Jenna Wunder, and Leigh Ann Phillips-Knope • Mar. 14, 10 a.m.-4 p.m. • As part of the Vibrant Women through the Life Cycle Series, UM Integrative Medicine presents a day-long workshop incorporating nutrition, mind-body skills, and shamanic healing to optimize your health while trying to balance the demands of a family. Learn about common challenges and how to develop resiliency while sharing with other women in the same stage of the life cycle. This workshop will be help in Manchester. Space is limited. $100 includes lunch. Call Alyssa at 998-0033; umim-info@edu.com.

Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up through Ellen Thompson Women's Health Center • Jan. 11, 1-4 p.m. • Provides both mothers and daughters ages 9-12 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mom and one daughter/$10 for each addition daughter or grandmother. Call 712-5800; www.sjmercyhealth.org.

Boot Camp for Dads through Ellen Thompson Women's Health Center • Designed for first time fathers of all ages. You'll learn practical information on parenthood, becoming a family, and supporting the new mom. Hands-on experience in holding and comforting a baby with the help of "veteran" dads who bring their babies to class. This class is an all-male class. $25. For dates and times, call 712-5800; www.sjmercyhealth.org.

Vaccination and Informed Consent with Patty Brennan of Center for the Childbearing Year • Jan. 28, 7-9:30 p.m. • The benefits of vaccines are widely touted in the mainstream culture, while the risks and alternatives often go unconsidered. Even if you choose to be in full compliance with the government's vaccination recommendations, there is much you can do as an informed consumer to protect your children and minimize potential adverse effects of vaccines. Get your questions answered! $10 or $15 per couple. Call 663-1523; patty@center4cby.com.

Infant CPR, First Aid, and Safety with Janetlynne Erickson of Center for the Childbearing Year • Jan. 26, Mar. 12 or April 20; 6:30-9 p.m. • This training is designed for expectant/new parents, grandparents, babysitters, nannies, and other caregivers. We will provide up-to-date information on child passenger safety, accident prevention in the home, first aid topics, safe sleep issues, and SIDS prevention. Hands-on training in infant CPR and choking is emphasized. $45 per person or $85 per couple. Call 663-1523; patty@center4cby.com.

Infant/Child/Adult CPR and First Aid with Janetlynne Erickson of Center for the Childbearing Year • Mar. 14, 9 a.m.-3 p.m. • This class provides Infant/Child/Adult CPR credentialing through the American Heart Association and includes the AHA Heart Saver Pediatric First Aid training. It meets Michigan State guidelines for daycare providers. Expectant/new parents, grandparents, babysitters, nannies, doulas welcome. $85 per person or $155 per couple. Call 663-1523; patty@center4cby.com.

Supporting Our Children: A Workshop for Parents and Caregivers with Marcia Ferstenfeld, sponsored by Carole Kirby • Feb. 21, 8:30 a.m.-7:30 p.m. • This seminar is designed to help you glean the gifts of your past and apply them in your parenting. You will hear lectures, observe and participate in discussions, learn a new communication practice, and have fun. The workshop is designed for married or single parents, stepparents, and caregivers of all kinds who are looking for hope, inspiration, and transformation. $150 per person. Call Carole at 734-424-2797; carole777@aol.com.

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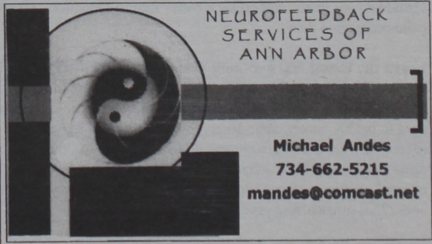
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The Crazy Wisdom Calendar

Parenting *(continued)*

A Deeper Understanding of Anger: Its Pros and Cons with Carole Kirby • Mar. 1, 2-4:30 p.m. at Crazy Wisdom Community Room • Many folks have difficulty expressing anger, while others freely express it. All of us need to learn to use our anger impulse to identify the underlying feeling of hurt beneath the anger. Come to this workshop to learn more about anger - where it comes from, how to use it for discovery of underlying feelings, and how to safely express anger. Free, but please pre-register. Everyone welcome! Call 734-424-2797; carole777@aol.com.

Discovering the Healthy Self with Eleanor Payson, sponsored by Carole Kirby • Mar. 14, 10 a.m.-4 p.m. • This educational seminar will offer participants the opportunity to learn the basics of a "healthy self" and healthy relationships while exploring the dilemmas of narcissistic wounding and the narcissistic/codependent relationship. $135. Everyone welcome, for lay persons and professionals. Call Carole at 734-424-2797; carole777@aol.com.

Peace

International Conference on Religion, Conflict, and Peace with Oakland University and Common Bond Institute • Mar. 13-15 • A multicultural, multidisciplinary conference promoting inter-religious and intra-religious dialogue to explore the challenges of extremism, intolerance, scapegoating, and Islamophobia, and the promise of reason, understanding, compassion, and cultural harmony. For cost and times, visit www.cbiworld.org or call Steve Olweean at 269-665-9393.

International Day of Peace Observance: 24-Hour Peace Generator with Craig Harvey at Interfaith Center • Jan. 16, 6 p.m.-Jan. 17, 6 p.m. • Be peace by dropping by anytime during this silent meditation/prayer marathon for inner and outer healing, love, harmony, and peace. Participants may envision a happier, more peaceful world, pray for a loved one, hold our planet in the light or just relax in the silence and let go of worries. Free with donations accepted. Call 971-8576; worldhealing@yahoogroups.com.

Peace Generator Silent Meditation/Prayer Circle with Craig Harvey at Interfaith Center • Feb. 20, Mar. 20, April 17; 7-9 p.m. • All are invited to drop in anytime during this silent meditation/prayer marathon for inner and outer healing, love, harmony, and peace. Participants may envision a happier, more peaceful world, pray for a loved one, hold our planet in the light or just relax in the silence and let go of worries. Free with donations accepted. Call Craig Harvey at 971-8576; worldhealing@yahoogroups.com.

Personal Growth

Dangling on the Edge of Despair: Effective Tools for Handling Major Life Challenges with Marc Lerner and Michael Andes • Jan. 21, 7-9 p.m. at Crazy Wisdom Community Room • In these times, most of us are faced with unfamiliar difficulties - emotional, physical, financial, and others. When it is not possible to eliminate a problem, it is sometimes possible to utilize it for self-healing. Tools will be provided for converting "negative" experiences into sources of strength and empowerment. $10. Call Marc at 913-0868 or Michael at 662-5215; marclerner@att.net.

Creating an Intentional Life: Group Coaching with Jillian Kerry • Eight Wednesdays, Feb. 4-Mar. 25, 7:30-9 p.m. or April 8-May 27, 7-8:30 p.m. • Imagine what it would be like to live a happy, fulfilled, and intentional life, no matter what is happening in the world. By the end of our eight weeks together, you will have been coached, taught, and empowered to do just that! You only need to be open and willing. Group limit of ten. $200. Call 395-4999; www.jilliankerry.com.

Empower Yourself with Thomas Kern • Ongoing Thursdays, 7:30-8:30 p.m. • Stop letting stress drain you! Feel more confident, raise your self esteem, and learn to identify your mental, physical, and emotional stressors and how to turn these early warning signals into your allies. $20 drop-in or $15 registered. Call 734-660-0295; http://thomaskern.blogspot.com.

The Ever Open Heart: A Valentine's Day Program with Frank Levey and Larissa Czuchnowsky of Deep Spring Center • Feb. 14 • The open heart is always accessible, but we don't always recognize it. We will examine what makes us feel shielded and closed, and we will explore practices, such as lovingkindness, and exercises that allow us to rest effortlessly in our infinite abundant heart space. We are all in relation, to ourselves, individuals, and the greater community, so we invite everyone to join us for this celebration of love. $20 building fee with optional donation to teachers. For times, call 477-5848; info@deepspring.org.

Creating Co-Powerment Workshop I: Empowering Self and Co-Powering Others with Lani Kwon Meilgaard • Feb. 21, 1-4 p.m. at Peaceful Dragon; April 19, 1-4 at Crazy Wisdom Community Room, Dec. 13, 1-4 p.m. at Interfaith Center • Going through transitions such as graduation, career change, moving, recovery, retirement, etc.? Transform your life in an empowering, fun workshop that helps you set your intention, recognize your priorities, visualize your goals, and create a better future! Donations accepted. Call 973-1283; heavenly-balance@yahoo.com.

Learn the Emotional Freedom Technique as a Powerful Tool to Release Blockages and Create More Joy in Your Life with Melanie Fuscaldo • Part 1: Jan. 9; Part 2: Jan. 16; Noon-1:30 p.m. each day • Learn a powerful tool you can use at any time to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life-enhancing (fears, emotions, trauma, depression, negative thinking, disease...) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce suffering and increase your peace. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Life Skills and Relaxation Class with Self Realization Meditation Healing Centre • Mar. 28, 3-4 p.m. • No matter what problems or challenges you face, or how difficult it has been in the past, these super-fast, easy to use tools can help you! How? By learning more about the mind-body connection and how to apply the practical energy care tools in your everyday life at school, work, home, and play. Great for students. $30. Call 517-641-6201; info@selfrealizationcentremichigan.org.

Life Skills and Abundance Energy Series with Self Realization Meditation Healing Centre • April 22-24, 7-8:15 p.m. • We all have the ability to take charge of our lives and choose to flow or not flow with life. When we flow with life, we have more energy for ourselves, our families, our work, and our pleasurable pursuits. We can then experience life's abundance. These workshops will help each individual see what blocks get in their way from living the life that is possible for them. $90 for three evenings. Call 517-641-6201; info@selfrealizationcentremichigan.org.

Wake Up To Your (W)hole Life: Now is the Time! with Elizabeth Alaya Chadwick • Jan. 31 and Feb. 1 • Two-day intensive based on *Wake Up To Your (W)hole Life* by Alaya, an introductory, experiential, practical, and radical application of the wisdom way of empowerment. Make sense of your life. $275. For times, call 603-895-4530; www.wholepoint.us.

Digging for Treasure with Mara Evans • Feb. 7, 1-4 p.m. • Come experience a unique approach for tapping into your higher mind through creative expression. We'll go on a journey through mandala making and word play that taps into the source of creativity and brings forth images and messages from the subconscious. $40. Call 475-2007; arammai.services@gmail.com.

The 'Full-Scale Remodel': Maximum Efficiency and Effectiveness in Your Life and Business with Laura Shope of Bluefire Institute and Cathy Hawk of Clarity International • Jan. 8-11 or Mar. 12-15; Thursday 9 a.m.-6 p.m., Friday 9 a.m.-6 p.m., Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-4 p.m. • Beginning with a four-day in-person retreat and continuing with three months of one-on-one coaching, participants will create a clear lights-on vision for life and business while learning the energy tools to sustain momentum and navigate the process of implementing that vision in the world. $1,695-$2,499. Call Laura at 277-2738; info@bluefire-institute.com.

Your Blessing Presence: Blessed and Blessing with Ann Burton • Jan. 10, Feb. 7, Mar. 7 or April 11; 10 a.m.-5 p.m. • During this experiential seminar, participants will focus on the power of their blessing presence and learn how important it will be during these changing times. They will learn several easy and effective ways to shift their energy and consciousness to empowerment with energy medicine, intention, and creative visioning. $65 includes guidebook and light snacks. Call 810-355-6200; aburton@blessingpresence.org.

Service is Circular: Avoiding Burnout When You Want to Make a Difference with Andrea Hill • Jan. 17, 4:30-6:30 p.m. • Remember how fun it was to give authentically when you were young? Do you ever feel tired, worried or discouraged as you fulfill healing, helping or activist roles? This class offers discussion and playful exercises designed to bring joy and balance back into giving and receiving, self-care, and care for others. $20. Call 255-8487; emailandrea@earthlink.net.

Polarity Therapy

Polarity Therapy Level I with Renee Rutz, Karen Kerns, and John Bodary of Polarity Center • Eight Saturday mornings starting in March • Learn basic energy flows in the body and how to balance energy in the body. NCBTMB CEUs available. $80 per four-hour class, including additional one-hour private supervision with instructor. For times, contact info@polaritycenter.com.

Moms, Dads, Babies, and Polarity Therapy with Eril Andes of Polarity Center • Jan. 11, 2-4:30 p.m. at Crazy Wisdom Community Room • Demonstrations and discussion on ways young families can use the energy approaches of polarity therapy to relax and bond. Children welcome! $10 per family. Contact info@polaritycenter.com.

Set Your Chakras in Motion with Polarity Yoga with Linda Greene of Polarity Center • Feb. 7, 2-4:30 p.m. at Crazy Wisdom Community Room • Explore movement to enhance your body's energy flow and balance. $10. Contact info@polaritycenter.com.

Combining Deep Tissue Work and Energy Work with David Van Eck of Polarity Center • Mar. 25, 6:30-9 p.m. at Crazy Wisdom Community Room • David will demonstrate how energy work, particularly polarity therapy, can enhance the effectiveness of deep tissue work. $10. Contact info@polaritycenter.com.

Stories and Practices with Cassie Camman of Polarity Center • April 9, 6:30-9 p.m. at Crazy Wisdom Community Room • Guided exercises and discussion about how polarity can enrich wellness, enliven vitality, and move blocked energy. $10. Contact info@polaritycenter.com.

Polarity Therapy and Energy Techniques with Linda Diane Feldt through Indigo Forest • Mar. 16 or April 27, 10-11:30 a.m. • This is one of two continuing classes you can take to build on a basic understanding of infant massage, the other being Cranialsacral Therapy for Children. $15-$20 sliding scale. Call 994-8010; info@visitindigo.com.

The Crazy Wisdom Calendar will be posted online starting January 5, 2009, at crazywisdom.net.

Prayer

Praying with Body, Mind, and Spirit: Journey to Forgiveness with Janene Ternes • Feb. 21, 9:30 a.m.-3:30 p.m. • Whether a childhood wound, a relationship hurt or employer mistreatment, we have all been wronged by someone. It is only through God's grace that we are able to forgive and only through forgiveness that we can truly be free. Step away for a day to experience prayer that opens you to God's healing freedom using scripture, guided meditation, music, and body movement to engage your whole being in prayer. $40. Call 429-7754; www.prayer-in-motion.com.

Professional Enrichment

Practitioner Support Day with Steve Wyse, Sleeps By Deer • Jan. 3, 10 a.m.-Noon • Native American flute recording artist Steve Wyse, Sleeps By Deer will present music from his latest CD and will talk about energetic healing as it relates to his music. Open to the public to network with other community healers. $10 for Great Lakes Center for Healing Touch members; suggested donation for non-members. Call 734-332-9332.

Practitioner Support Day with Sandy Miller • April 4, 10 a.m.-Noon • Presentation of EMDR, a form of psychotherapy that helps healing by accessing the body's own natural information processing system to integrate and release trauma, and on NMT, an energy medicine method that rapidly restores the body-mind's inherent capacity to heal. Open to the public to network with other community healers. $10 for Great Lakes Center for Healing Touch members; suggested donation for non-members. Call 734-332-9332.

Preventing Burnout with Holistic Energy Care with Self Realization Meditation Healing Centre • Jan. 31-Feb. 1, 9:45-5 p.m. • This is a course for health care professionals, complementary practitioners, carers, teachers, voluntary workers, and all people-workers who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their own personal lives. $225 includes lunches and refreshments or $272 includes lodging and all meals. Call 517-641-6201; info@selfrealizationcentremichigan.org.

Professional Ethics for Massage Therapists and Bodyworkers with Christa West at Ann Arbor Institute of Massage Therapy • Mar. 22, 9 a.m.-4 p.m. • This course is designed to meet the continuing education requirements for professional development and NCTMB re-certification. Course includes lecture, classroom discussion, and activities. Textbook required. $125. 6 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Yoga Teacher Certification Programs and Yoga Therapy Certification Programs at Ann Arbor Yoga and Meditation School with Ema Stefanova • Choose to start at the 200, 300 or 500 hour levels, short term weekday and weekend intensives and retreats to longer term course of studies. Get at the heart of understanding how yoga works and how to teach balanced programs of basic through advanced yoga and meditation postures, therapeutic breathing, deep relaxation, and concentration. Experience and understand how true meditation works, how to prepare physically and mentally for it, and how to teach balanced programs of basic through higher stages of classical gyana yoga, bhakti yoga, kriya yoga, and kundalini tantra therapeutic and spiritual meditations Satyananda style. Help improve your own and other people's quality of life. All practices combine well with traditional therapies and other healing modalities in managing anxiety, depression, panic disorders, and other stress-related conditions. Yoga therapy small group and customized certification programs available for licensed social workers, psychologists, massage therapists, and nurses. For costs, call 665-7801; emastefanova@cs.com.

> Man becomes great exactly in the degree to which he works for the welfare of his fellow men.
>
> \- Mahatma Gandhi

Reiki

Reiki Level I: Energy Balancing for Yourself and Others with Ann Zalek • Mar. 2, 10 a.m-4 p.m. • Taking care of yourself and others is the focus of this class. As an individual who provides direct care to others (in a family or professional environment), keeping rejuvenated and grounded each day is challenging. Attendees learn Reiki Level I self-healing techniques, Reiki methods to help others, and tips for application in the care provider setting. $100 includes snacks, Level I guidebook, attunement, and certificate. Bring a dish to pass for vegetarian potluck lunch. Call 332-3800; www.theracaremassagetherapy.com.

Reiki Level II: Energy Balancing for Yourself and Others with Ann Zalek • Mar. 16, 10 a.m-4 p.m. • Designed for individuals who wish to expand their skills. Reiki I training by a Usui Reiki Master is a prerequisite. Attendees learn the symbols for Level II and techniques for distance work. $150 includes snacks, Level II guidebook, manual, attunement, and certificate. Bring a dish to pass for vegetarian potluck lunch. Call 332-3800; www.theracaremassagetherapy.com.

Reiki Level III: Advanced Training for Reiki Practitioners with Ann Zalek • April 24, 10 a.m-5 p.m. • Designed for individuals who wish to deepen their practice. Reiki I and II training are prerequisites. Attendees learn the symbol for Level III and advanced techniques for hands on and distance work. Class size limited. $200 includes snacks, guidebook, attunement, and certificate. Bring a dish to pass for vegetarian potluck lunch. Call 332-3800; www.theracaremassagetherapy.com.

Reiki Master/Teacher: Preparation to Teach with Ann Zalek • April 26-27, 10 a.m-5 p.m. • Designed for individuals who wish to prepare to teach Reiki to others. Reiki I, II, and III are prerequisites. Attendees learn attunements for all levels, advanced techniques for hands on and distance work, and practical skills for organizing, presenting, and promoting classes. $400 includes snacks, Master technique booklet, attunement, and certificate. Class size limited. Bring a dish to pass for vegetarian potluck lunch. Call 332-3800; www.theracaremassagetherapy.com.

Reiki Circle with Ann Zalek • Mar. 2, 4:30-6 p.m. • Designed to provide support to the Reiki community, offering networking, practice sessions, and sharing for those attuned in Usui Reiki I, II, III or Master/Teacher. Space is limited. $5 donation. Please bring a snack to share. Call 332-3800; www.theracaremassagetherapy.com.

Reiki for Kids with Jennifer Flowers • Feb. 1, 10 a.m.-4 p.m. • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to pets, plants, and food. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. $69 plus $20 materials fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki I with Jenni Flowers • Jan. 17, 4-8 p.m. and Jan. 18, 9 a.m.-3 p.m. • Learn how to access Universal Life Force energy to heal yourself and others. Reiki works on all levels by integrating and balancing the physical, mental, emotional, and spiritual aspects of your being. You will receive an attunement to align with the Reiki energies, learn the history of Reiki, basic hand positions, and practice on yourself and classmates. $149 plus $12 material fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki II with Jenni Flowers • Feb. 21, 4-8 p.m. and Feb. 22, 9 a.m.-3 p.m. • Continue your training in how to access Universal Life Force energy. Heal yourself and others. You will receive an attunement in the hands to greatly increase the energetic flow and learn absentee healing. $149 plus $12 for workbook. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki III with Jenni Flowers • Mar. 28, 4-8 p.m. and Mar. 29, 9 a.m.-3 p.m. • This advanced Reiki class shows you how to increase your energy flow with breathing exercises as well as how to clear energy blockages in the aura. You will also be given the Usui Master Symbol to strengthen your own Reiki energy. With these tools, you will be able to dramatically increase the effectiveness of your work sessions. $149 plus $12 material fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki I and II with Betty Finn • Reiki I: Third Saturday of each month; Reiki II: Fourth Saturday of each month • Learn and be attuned to call in the Holy Spirit to help yourself and others according to God's will. $111 for Reiki I and $123 for Reiki II includes certificate. Call 269-945-5091; bjfinn68@hughes.net.

Reiki Advanced and Master with Betty Finn • Dates and times to be determined • Reiki advanced and master certificates will enable you to do many wonderful things to help yourself and others by the grace of God. $150 advanced, $160 master includes certificate. Call 269-945-5091; bjfinn68@hughes.net.

First Degree Reiki Class with Suzy Wienckowski • Jan. 16-18 or Mar. 13-15; Friday 7-9:30 p.m., Saturday 9:30 a.m.- 4 p.m., Sunday 9:30 a.m.- 12:30 p.m. • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others, and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Jan. 30-31; Friday 7-9 p.m., Saturday 9:30 a.m.- 4 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. $500. Call 665-8665; suzyreiki@aol.com.

Curious about Reiki? Free Introductory Talk with Suzy Wienckowski • April 15, 7-9 p.m. • In this gentle, hands-on healing art, Universal Life Energy is transmitted though the hands of the practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments offered. Call 665-8665; suzyreiki@aol.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Jan. 31-Feb. 1, Feb. 28-Mar. 1 or April 4-5: Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m. • Reiki is a powerful, natural, non-invasive, easy to learn healing technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal, and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshop with Ray O. Golden of Center for Intuitive Health • Mar. 21-22: Saturday 6-10 p.m., Sunday 10 a.m.-6 p.m. • In this workshop, traditional advanced attunements deepen the process. The student learns more powerful healing techniques and distance healing techniques. $230 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Jan. 7, Feb. 6, Mar. 5, April 2; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Relaxation

Herbal Foot Soak with N. Avelina Aguirre • Jan. 24, 10-11 a.m.; Feb. 15, 2:30-3:30 p.m.; Mar. 28, 1-2 p.m. • Say "ahh" as you enjoy this herbal foot soak to relieve pain, soften dry, rough feet or relax tired legs and feet. Maximum ten people. $20 includes herbal package for a soak at home. Call 998-1198; a2naturopathy@aol.com.

The Crazy Wisdom Calendar

Relaxation *(continued)*

iRest Method for Deep Relaxation with Mai Datta • Eight Thursdays: Jan. 29-Mar. 26, 12:30-1:45; or Eight Fridays: Jan. 30-Mar. 27, 1-2:15 p.m. • Using varied breath and awareness techniques, the *i*Rest Method systematically diminishes muscular, emotional, mental, and subconscious tensions, allowing participants to release deeply held negative patterns. In addition to enhancing energy levels, alleviating insomnia, fatigue, anxiety, and pain, this practice results in deep satisfaction with life and can facilitate profound awakening to our essential joyous true nature. $115. Call 268-6008; www.radiantnow.org.

Retreats

Winter and Early Spring Retreats at Song of the Morning Ranch in Vanderbilt, Michigan • For complete information, please contact 989-983-4107; www.goldenlotus.org.
Life Transformative Yoga and Prosperity Blend with Ramesh Narula • Jan. 9-11 or April 17-19 • $100 with scholarships available.
Creating God: A Contemplative Prayer Shawl Knitting Retreat with Kimberly Beyer-Nelson • Jan. 16-18 • $50.
Skiing, Yoga, and Tai Chi Weekend with Patty Sutherland and Dave Dixson • Jan. 23-25, Feb. 20-22 or Mar. 6-8 • $50.
Handcrafted Bread and Cheese with Deb Santana • Jan. 30-Feb. 1 • $50.
Healing Jewelry Workshop with Greg Kempennian • Feb. 6-8 • $60.
Life Transformative Yoga and Prosperity Blend for Couples with Ramesh Narula • Feb. 13-15 • $175 per couple with scholarships available.
GLYTA Raja Yoga Retreat with Golden Lotus Yoga Teachers' Association • Feb. 27-Mar. 1 • $45.
Yoga of the Heart Kirtan with Lorne Dekun • Feb. 28 • By donation.
Jesus, Patanjali, and Viyasa: Wisdom for Conscious Living with Kim Beyer-Nelson • Mar. 20-22 • $50.
Spirituality and Success Today with Nick Kumar • April 3-5 • By donation.
Healing Breath with Mary Ann Johnston • April 17-19 • By donation.
Vision Quest Experience with Greg Kempennian • April 23-26 • $295 all inclusive.
Pampering from the Inside Out with Janice Green and Patty Sutherland • April 24-26 • Call for cost.

Winter and Early Spring Retreats at Self Realization Meditation Healing Centre in Bath, Michigan • For complete information, please contact 517-641-6201; info@selfrealizationcentremichigan.org.
Sticking to Your Resolutions Workshop with Weekend Getaway Option • Jan. 10, 10 a.m.-7 p.m. with option to stay overnight • $115 workshop or $189 with overnight option.
Transformation Yoga Weekend • Jan. 17-18 • $60 for classes and refreshments. Add $65.50 for overnight accommodation and vegetarian meals from Saturday lunch to Sunday lunch.
Enhancing Balance and Harmony Workshop with Weekend Getaway Option • Feb. 7, 10 a.m.-7 p.m. with option to stay overnight • $115 workshop or $189 with overnight option.
Peace and Quiet Weekend • Mar. 21-22 • $65.50 includes accommodation and vegetarian meals from Saturday lunch through Sunday lunch.
Easter Celebration Silent Retreat • April 10-12 • $140 includes lodging and vegetarian meals.

Shamanism

Munay-Ki: Nine Rites of Initiation with Lorna Brown • Mondays starting Jan. 12, 10 a.m.-12:30 p.m. or Wednesdays starting Jan. 21, 7-9:30 p.m. • The Munay-Ki are the nine great rites of initiation of the medicine way, originally transmitted through the Inca shamen of Peru. They are the nine gates that heal us and transform our human energy field into that of who we are becoming - homo luminous. $40 per session or $200 total series. Call 734-428-8748; starlab6@aol.com.

Shamans' Mid-Winter Dance with Kate Durda and Stephanie Tighe • Jan. 24, 11 a.m.-6 p.m. at Michigan Nature Conservancy in Bath, Michigan • With this dance, we honor the spirits by deeply connecting and paying attention to both who we have been and by powerfully stepping into who we are becoming. We will come together to journey deeply and dance passionately. Come experience the ecstasy of shamanic community. All traditions welcome. Prerequisite is shamanic training or experience. $60 with event limited to 50 participants. Call Spirit Weavers at 517-543-6754; www.spiritweavers.net.

Shamanism: Introduction to the Shamanic Journey with Kate Durda and Stephanie Tighe • Feb. 7, 11 a.m.-5 p.m. in Lansing • Experiential training in the shamanic journey, and introduction to shamanic healing methods and practice. One of the most remarkable methods to enter into the world of the spirit, or 'non-ordinary' reality, to access personal truths, healing, and peace, and to enhance creativity and oneness with the world. Prerequisite for advanced training. $60. Call Spirit Weavers at 517-543-6754; www.spiritweavers.net.

Sixth Annual Shamanism Apprenticeship Program: Path of the Open Heart with Kate Durda and Stephanie Tighe • First meeting Feb. 28 in Lansing • Safe, supportive group intensive training and experience in shamanism, journeying, and healing work. Preparation for advanced healing training. Open to beginners and advanced. Program will meet five Saturdays through the end of May, approximately once per month. For cost and times, call Spirit Weavers at 517-543-6754; www.spiritweavers.net.

Introduction to Journeying with Connie Lee Eiland • Feb. 7, 10 a.m.-5 p.m. • Experience instruction in journeying, participate in journeys to lower world, upper world, and middle world, and receive power animals. $70. Call 313-343-8808; www.shewolfshaman.com.

Sign Language

Sign Language: Helping the Young Family Communicate with Marian Lage through Indigo Forest • Jan. 10 or Mar. 7, 1-2:30 p.m. or Feb. 15, 3-4:30 p.m. • Do you wish your child could just tell you what he needs? Infant sign language facilitates communication at an earlier age than possible with speech alone, as well as stimulating language development and reducing toddler frustration and temper tantrums. Bring your child of any age to this course especially designed to introduce the basics and enjoy learning sign language together. Also attending may be native deaf speakers and hearing children raised in a signing household. Lots of fun to practice! $35 per baby and parents/caregivers. Call 994-8010; info@visitindigo.com.

Singing

New Moon Sing with Tammy Corwin-Renner • Jan. 26, Feb. 25, Mar. 26, April 25; 6:30-7:30 p.m. • A sing for girls 8 to 18 years old and their mothers, aunts, grandmothers, and female friends. Join us to sing songs and rounds to nourish our relationships with one another, the earth, and yourself. New Moon events are by donation. Call 786-3991.

Threshold Choir with Tammy Corwin-Renner • Ongoing Tuesdays, 12:30-2:30 p.m. or Thursdays, 5-7 p.m. • The Threshold Choir honors the ancient tradition of women singing at the bedsides of people who are struggling, some with living, some with dying. Our audition process is the shiver down your back when you first hear of our work. All events are by donation. Location varies. Call 786-3991.

Songwriter's Workshop at Chelsea Center for the Arts • Jan. 24, Noon-4 p.m. • Join us for the most exciting, memorable, and entertaining songwriting workshop from Chelsea's artist-in-residence M.L. Liebler, plus Detroit quartet the High Strung, hailed by *Rolling Stone*, *The New York Times*, and *Village Voice* as one of the best rock and roll bands in America. Registration required as space is limited. Free! Call Molly Root at 433-2787; www.chelseacenterforthearts.org.

Spiritual Development

What Is A Course in Miracles with Lorraine Coburn • Feb. 4, 7-8:30 p.m. at Crazy Wisdom Community Room • Informal discussion of some of the basic principles of A Course in Miracles. $10. Call 646-6585; lorricassie@sbcglobal.net.

Introduction to A Course in Miracles with Lorraine Coburn • Feb. 28, 10:30 a.m.-4:30 p.m. at Crazy Wisdom Community Room • Learn about this self-study spiritual path that is sweeping the planet. $75. Call 646-6585; lorricassie@sbcglobal.net.

The Journey of Enlightenment through A Course in Miracles Study Group with Lorraine Coburn • Mar. 21, 10:30 a.m.-4:30 p.m. at Crazy Wisdom Community Room • Learn that enlightenment is possible in this lifetime, and how A Course in Miracles brings it to you here and now. $75. Call 646-6585; lorricassie@sbcglobal.net.

A Course in Miracles Study Group with Lorraine Coburn • Tuesdays, Noon-1 p.m. • This is an ongoing study group of A Course in Miracles. All welcome. Free. Call 646-6585; lorricassie@sbcglobal.net.

Talks with Local Members of Eckankar, Religion of the Light and Sound of God, at Crazy Wisdom Community Room • Free. Call John Zissis at 320-2010; john.zissis@sbcglobal.net.
Jan. 10, 2-4:30 p.m. • Spiritual Ways to Conquer Fear • Addresses the fears of losing love, of death, of going beyond ourselves, and of change. Features a spiritual exercise to open the heart to the golden Light of God. Discover the path of self-mastership and the antidote to any fear.
Feb. 8, 2-4:30 p.m. • Spiritual Ways of Health and Healing • What is the greatest creative force you can use for healing? How do miracles occur? Where does healing come from? Learn spiritual exercises to help you see yourself and your state of health from a higher perspective.
Mar. 10, 7-8:30 p.m. • Spiritual Relationships • Rediscover the source of love and find greater happiness in your relationships. Techniques on strengthening a marriage, how to communicate better, find solace when a loved one dies, and deepen your bond of love with all life.
April 14, 7-8:30 p.m. • Spiritual Practices: Prayer, Meditation, and Contemplation • Perspectives on how to connect with the source of all truth, how prayer works, the power of chanting, and what lies beyond prayer and meditation. Learn techniques and spiritual exercises to guide you to the most secret part of yourself.

Present Time Energetics Workshop with Susan Major of Interfaith Center • Jan. 10, Feb. 7, Mar. 7 or April 4; 10 a.m.-4 p.m. • This workshop is an introduction to the spiritual healing work of Susan Major, whose work incorporates the principles of A Course in Miracles, energy psychology techniques (EFT), reconnective healing, accessing the zero point field, and the work of Eckhart Tolle and Byron Katie. $100. Call 996-0702; samajor@comcast.net.

Releasing the Ego Workshop with Susan Major of Interfaith Center • Ongoing Tuesdays, 7-9 p.m. • This is an ongoing, experiential healing group led by Susan Major, whose work incorporates the principles of A Course in Miracles, energy psychology techniques (EFT), reconnective healing, accessing the zero point field, and the work of Eckhart Tolle and Byron Katie. The above Present Time Energetics Workshop is a prerequisite to joining Releasing the Ego. $20 per night. Call 996-0702; samajor@comcast.net.

Discovery Group Based on the Work of Eckhart Tolle with Melanie Fuscaldo • Part 1: Feb. 6, Noon-1:30; Part 2: Feb. 13, Noon-1:30; Part 3: Ongoing • Discussion and skill building based on the work of Eckhart Tolle. Practice releasing the ego and pain body. Experience silence, spaciousness, and the joy body. Awaken to your inner purpose. This is the first of a series of meetings. $30 per session. For Part 3 dates and times, call 668-2733; mfuscaldo@gmail.com.

Eucharistic Celebrations with Staff of Visitation Spirituality Center • First Wednesdays, 7 p.m. • Come and share in this monthly celebration of Eucharist. No charge. Call 734-242-5520; www.ihmsisters.org. Call 734-242-5520; www.ihmsisters.org.

Catechist Formation with Marcella Regan and Nancy Ayotte of Visitation Spirituality Center • Mondays: Feb. 2, 9, Mar. 2, 9, 16, 23; 7:15-9:15 p.m. • The classes are the revised intermediate formation topics approved by the Archdiocese of Detroit. $10 per session. Call 734-242-5520; www.ihmsisters.org.

Spiritual Leadership with Sue Burton-Hidalgo • Feb. 15, 3-7 p.m. • The content of this course is to discover our true goals, examine what is needed to manifest these goals, and to identify and release blocked areas within ourselves and the outer world to move forward in a timely way. $225 includes pre-planning meeting and astrology chart. Call 734-416-5200; info@bodyworkshealingcenter.com.

Higher Consciousness Group with David Winfree at Interfaith Center • Thursdays, 7 p.m. • All invited to join a group discussion and to practice techniques to raise one's consciousness. No meeting Jan. 1. Donations accepted. Call 353-0906; dwinfree@charter.net.

A Course in Miracles Study Group with David Bell at Interfaith Center • Mondays, 6:45-8:15 p.m. • All are invited to join a group reading and discussion of the seminal metaphysical book, *A Course in Miracles*. Includes study materials and text. Donations accepted. Call 327-0270; dave@interfaithspirit.org.

Sanaya Roman Study Group with Cathy DeLauter • Mondays: Jan. 12-April 6; 7-8:30 p.m. • Sanaya Roman has channeled the material of light beings Orin and DaBen. This material is uplifting and joyous. It has the power to transform your life to being open-hearted and at ease. Depression, anger, and anxiety fall away as you step into and embrace the principles in her books. We'll being with *Soul Love: Awakening Your Heart Center*. By donation. Call 678-4900; cdelauter@yahoo.com.

Seals of Solomon Activation Part One with Karlta Zarley • Mar. 14, 9 a.m.-1 p.m. • The 26 Seals of Solomon contain the wisdom that each of us gained in previous lifetimes in various ancient cultures and is stored within each of us. This activation begins the Unichakra process, clearing the DNA of trauma, and opens the first five seals, covering the Egyptian, Mayan, Mu, Altantian, and Druid lifetimes. $225 includes refreshments. Call 433-9333.

What the Gospels Say Today with Don Goergen at Weber Center • Feb. 17, 7-8:30 p.m. • We may have heard the expression, "That's Gospel truth." Yet the truth of the Gospels, and their core message, needs continuing interpretation from one generation to the next. Join us as we probe the inner life and world of a Gospel "for all seasons". Free will offering. Call 517-266-4000; webercenter@adriandominicans.org.

See with the Heart: The Grace to See as Jesus Sees with Ramona Nowak at Weber Center • Feb. 14, 10 a.m.-3 p.m. • Jesus taught us to see others with the heart, a heart of compassion and mercy. On this Valentine's Day, we explore the scriptures that reveal the process of welcoming grace and blessing into our lives. Before the end of the day, write a note to a person who is both grace and blessing to you. $20 includes lunch. Call 517-266-4000; webercenter@adriandominicans.org.

Repentance: A New and Old Idea Retreat with Martin Iott at Weber Center • Feb. 27, 7:30 p.m. to Mar. 1, 1 p.m. • When Jesus walks out of the desert, after his temptations, and says, "Repent and believe the good news," he is not just the original version of the old man on the street corner with the sandwich board warning us of the end of the world. Jesus offers us a new way into our humanity and out of a negative, destructive way of thinking that crushes us, robs us, of our spirit and imprisons us in concepts of fear, consumerism, war, racism, pride, desire, and lust. This retreat is designed so that we can hear the call to repent with the freshness and freedom it promises. $125 commuter, $150 double occupancy, $250 single occupancy. Call 517-266-4000; webercenter@adriandominicans.org.

Let's Talk with Martin Iott at Weber Center • Lent and Holy Week: Mar. 19; Easter Season and Pentecost: April 16; 2-3:30 p.m. or 6:30-8 p.m. each day • Free will offering. For description, call 517-266-4000; webercenter@adriandominicans.org.

Flower of Life Workshop - 2000+ with Lorna Brown • Feb. 14 and 15, 9 a.m.-5 p.m. each day • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 734-428-8748; starlab6@aol.com.

Spirit Circle with Layla Ananda through Gateways Center • Jan. 9, Feb. 13, Mar. 13, April 10; 6:30 p.m. • A monthly potluck, starting at 6:30 p.m., and support group, starting at 7:45 p.m., for people on a spiritual journey. Come to one or the other, or both! Bring your dreams and hopes, issues and challenges. Free with donations accepted. Call 973-0684; layla.ananda@gmail.com.

Stress

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: Jan. 6, 2-3:30 p.m.; Part 2: Jan. 13, 2-3:30 p.m. • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Hold Your Rudder Deep Down in the Water with Laurie Akerros • Mar. 7, 10 a.m.-4 p.m. • Learn how to listen to your self's messages and examine a number of techniques to bring calm and centered groundedness, no matter what is happening in the outer world. $40. Call 255-2677.

The Crazy Wisdom Calendar will be posted online starting January 5, 2009, at crazywisdom.net.

Sustainability

The Power of Community: How Cuba Survived Peak Oil with Transition Initiative Committee • Jan. 30, 7 p.m. at Friends Meeting House • When the Soviet Union collapsed in 1990, Cuba's economy went into a tailspin, with imports of oil cut by more than half - and food by 80%. This documentary film shows the creativity of the Cuban people as they transitioned from a highly mechanized, industrial agricultural system to one using organic methods of farming and local, urban gardens. Followed by discussion of the Transitions Towns movement, which started in the U.K. and is coming to Southeast Michigan! Free with donations welcome. Call 975-8791; mackeyj@umich.edu.

Tai Chi & Martial Arts

Adult Okinawan Karate with Missy Siudara at Mind, Body, Spirit Academe • Sundays, 10:30 a.m.-Noon • Experience adult martial arts designed for health, self-defense, and physical fitness. For cost, call 248-890-9274; snowryu33@yahoo.com.

Introduction to Kettlebell Conditioning Seminar with Ryan Wilson of White Crane Michigan Dojo • Mar. 10 or April 28, 7-8:30 p.m. • We will use Kettlebell exercises to condition your acupuncture energy meridians. These will be a set of exercises and booklet detailing methods for focusing, balancing, and strengthening the subtle energy pathways. Training tools provided or you may bring your own. $45 per session. Call Cinda Hocking at 417-7161; whitecranemichigan@gmail.com.

Introductory Goshin Jutsu Self-Defense Seminar with Ryan Wilson of White Crane Michigan Dojo • Jan. 6, Feb. 10 or April 7, 7-8:30 p.m. • This special approach to martial arts provides modern, practical self-defense techniques for ages 12 and up. Learn how to assess, be aware, and take safety measures, take a proper self-defense stance, block punches and kicks, perform combat kicking and punching, and how to duck and evade fist and foot attacks. $30 per session. Call Cinda Hocking at 417-7161; whitecranemichigan@gmail.com.

Introductory Goshin Jutsu Women's Self-Defense Seminar with Ryan Wilson of White Crane Michigan Dojo • Jan. 13, Feb. 24 or Mar. 24, 7-8:30 p.m. • See above description for this special seminar for women only. $30 per session. Call Cinda Hocking at 417-7161; whitecranemichigan@gmail.com.

Youth Karate with Barbara Christensen at Mind, Body, Spirit Academe • Tuesdays, 7-8 p.m. or Thursdays, 4-6 p.m. • Children's karate for ages 7 and up and for all levels. For cost, call 665-2840; blchristensen@earthlink.net or www.annarborokinawankarate.com.

Little Dragons Karate with Barbara Christensen at Mind, Body, Spirit Academe • Eight week session: Tuesdays, 6:10-6:50 p.m. • Children's karate for ages 4-6. For cost, call 665-2840; blchristensen@earthlink.net or www.annarborokinawankarate.com.

Tai Chi Chuan Beginner Class with Wasentha Young • Winter session begins in January • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well-being are enhanced through these techniques as well as tai chi chuan's unique, slow, and graceful movements and breathing coordination. $170. Call Peaceful Dragon School at 741-0695; www.peacefuldragonschool.com.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • $1 per minute. No appointment necessary. For more information, call 734-660-9680.

Drop-In COSMO Readings with Guide John Fredericks in the Crazy Wisdom Tea Room • First and third Saturdays, 10:30 a.m.-1:30 p.m. • Take a moment to explore your inner psyche and your cosmic connections with COSMO, a delightfully rational new divination system developed in 1999 in Ann Arbor by a group of enlightened individuals ranging from artists to astrophysicists. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool, to explore the complexities of our lives. John has thoroughly enjoyed helping people tap into the subtler sixth sense, and make sense of our crazy worlds. Join him for an exploration starting with your most basic psychology and inner thoughts, and leading to who knows where. $1 per minute. No appointment necessary. Call 734-368-1780; johnrhino@comcast.net.

Drop-in Tarot and Astrology Readings with Jillian Kerry • Second and fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. at Crazy Wisdom Tea Room • Jillian uses tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. $1 per minute. Call 734-395-4999; jilliankerry@gmail.com.

Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • Every Sunday, 2:30-5:30 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. For more information, call 734-222-9160.

Therapy & Support Groups

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Thursdays in March and April, 11:30 a.m.-1 p.m. • This eight-week class is intended for people who have had one or more episodes of depression or anxiety. You can participate whether or not you are taking medicine or are currently in psychotherapy. Learn new skills to help you stay out of the negative thoughts that come with depression and anxiety. $320 includes individual meeting and *Mindful Way through Depression*. Call 332-3365; www.lynnsipher.com.

The Crazy Wisdom Calendar

Therapy & Support Groups *(continued)*

Mothers Healing Together: A Group for Mothers (and Mothers-to-be) who have Experienced Physical, Sexual or Emotional Trauma with Sierra Hillebrand • Alternate Tuesdays, 4-5:30 p.m. • This group offers mothers and mothers-to-be the opportunity to focus on healing from the negative effects of trauma. Thus, each may open to greater joy and ease in their lives, while developing and maintaining safety and emotional security for herself and her children. Mothers Healing Together combines personal sharing and support with introspective, creative, and experiential exercises. $180 for six sessions. Call WomanSafeHealth at 477-5100; info@womansafehealth.com.

Medical Empowerment Group with Sierra Hillebrand • First and Third Wednesdays, 10:30-Noon • A drop-in support group for women who are facing medical challenges. This forum is designed to help participants access support, strength, and encouragement as they cope with health concerns and navigate medical systems. $15 per session. Call WomanSafeHealth at 477-5100; info@womansafehealth.com.

The Art of Thriving: A Women's Psychotherapy Group with Lisa Wolf • Date and time to be determined • This process-oriented therapy group will guide women to move beyond "surviving" life. Participants will have the opportunity to explore the resistances, fears, and doubts that block one's ability to "thrive" and block the expression of your most genuine self. $40 per session. Free information sessions offered Jan. 13, Feb. 10, and Mar. 10 from 7-8 p.m. Call 930-0864.

Creating Internal Emotional Resources with Cam Vozar • Jan. 14, 7:30-9 p.m. • An opportunity to create internal emotional resources to cope with stress and increase well-being. Learn to connect to nurturing, protective, and spiritual internal resources. $10. Call 747-9073; cam.vozar@gmail.com.

Anxiety: Getting Your Anxieties Under Control with Laurie Krauth • Wednesdays • Learn and apply concrete strategies for getting a grip on your anxiety - excessive worries, social anxiety, panic or phobias. Apply cognitive-behavioral therapy, the treatment of choice for anxiety, in a supportive atmosphere. $45 per session. For times, call 973-3100; www.lauriekrauth.com.

Professional Training and Certification in Gestalt Couple's and Small Systems Therapy: Level One with Sheree Johnson and Dan Bloom • Nine-month training begins February 2009 • This program is designed for mental health and allied professionals who desire a basic grounding in the Gestalt Approach. The program will provide professionals with an opportunity to enhance their assessment, communication, and observation skills and obtain a working knowledge of basic Gestalt techniques. $2,500 includes nine weekend training sessions (90 contact hours), four hours monthly individual therapy, and online coursework. Call 929-0367; sheree@gestalt-annarbor.org.

Educational Sessions for Family and Friends Affected by an Eating Disorder with Kristine Tippen • This is a skills-based program for coping with a loved one's eating disorder. For dates, times, and cost, call Center for Eating Disorders at 668-8585; www.center4ed.org.

Anorexia/Bulimia Support Group with Amanda Weishuhn • Ongoing Mondays, 6-7 p.m. • Professionally led weekly meetings offering psychoeducation and peer support for those in any stage of recovery. $10 per group meeting. For brief phone interview, call Center for Eating Disorders at 668-8585; www.center4ed.org.

Bodywise Compulsive and Binge Eating Support Group with Judith Banker and Amanda Weishuhn • Ongoing Wednesdays, Noon-1 p.m. • Professionally led weekly meetings offering psychoeducation and peer support for those in any stage of recovery. $10 per group meeting. For brief phone interview, call Center for Eating Disorders at 668-8585; www.center4ed.org.

Tapestries: A Group for the Healing of Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • 15 Thursday evenings beginning in February • Our successful approach to building and strengthening skills for reducing the distressing impact of sexual trauma includes didactic presentations, discussion, creative/experiential activities, mindfulness practices, and the development of supportive relationships. Limited to eight participants. $60 per session with sliding scale available. For times and to schedule a free interview, call Anita at 332-0669; www.tapestries4healing.com.

Transpersonal Psychology

Ann Arbor Ken Wilber Meet-up Group with Dennis Hunt • Jan. 24, Feb. 21, Mar. 14, April 11; 2:30-4:30 p.m. at Crazy Wisdom Community Room • Discussions on Ken Wilber's Integral Philosophy and related topics. $5 donation to cover costs. Call 734-658-7619; http://kenwilber.meetup.com/32/calendar.

Women's Health

WomanSafeHealth Open House: Gynecology and WomanCare with Elizabeth Shadigian and Staff • Jan. 9, 5-6 p.m.; Feb. 7, 11-Noon; Mar. 3, 11:30 a.m.-12:30 p.m. • Each informal open house is an opportunity for community members to check out our innovative space and learn about the WomanCare services we provide. These include gynecology and general health care, psychological services, health education, and our SelfCare room, which includes a Migun thermal massage bed, relaxation and exercise equipment, and other valuable resources. Free. Call 477-5100; info@womansafehealth.com.

Womenspirit

Women's Circle Mediation with Kathi Finney • Jan. 15, Feb. 19, Mar. 19, April 23; 6:30-8 p.m. • Come and join the circle to connect and heal your inner power for true direction in your life. Learn to trust and honor your inner guidance. Experience the safe containership of loving sharing that occurs in this sacred circle, where women can speak their truth in privacy and confidence. Participate in group meditation to heal yourself and others. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Loving Self Care for the Caregiver with Laurie Akerros • Feb. 28, 10 a.m.-4:30 p.m. • This class is a sacred space for women caregivers who need to refresh and renew themselves to "give them a full cup". Come experience ways to enliven yourself and learn solid techniques for self care. $45. Call 255-2677.

Work & Right Livelihood

Build Your Practice with Ann Jones • Feb. 7 or Mar. 28, 10:30- a.m.-1 p.m. at Crazy Wisdom Community Room • We will explore how to increase and retain your clients and develop new directions for your practice. You will leave with a plan to be more successful. $75 includes workbook. Call 972-1533; ann@buildyourpractice.net.

Live Your Career Dream with Melanie Fuscaldo • Part 1: Jan. 23, Part 2: Jan. 30; Noon-1:30 p.m. each day • Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: Mar. 3, Part 2: Mar. 10; Noon-1:30 p.m. each day • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Writing & Poetry

Work in Progress Reading Series at Crazy Wisdom Tea Room • Wednesdays, January-April, 7 p.m. • Some of the most exciting new work in town premiers in the Tea Room! Established and emerging writers try work that's new, and especially a new direction for the writer. While we welcome hybrid and collaborative work, fresh hot black words with no foam make us very happy. Free. For more information, visit www.wipreadingseries.blogspot.com.

Intuitive Writing: Claiming Your True Voice with Jill Blixt • Seven Wednesdays starting Feb. 4, 6-9 p.m.; or Seven Thursdays starting Feb. 5, 9:30 a.m.-12:30 p.m. • Word by word, writing can be the compass for finding our truth. With regular writing, we can reveal our dreams, mine our wisdom, and harness our power. We can nourish our intuition by taking up the pen and meeting ourselves on the page. This workshop is for anyone who wishes to build a regular writing practice for personal insight and creative expression. $30 per week. Call 665-4577; jillblixt@aol.com.

Finding Your Voice as a Writer with Kay Gould-Caskey and Jim Johnston • Wednesdays, Jan. 14-Mar. 18; 7-8:45 p.m. • This class will focus on writing as creative expression and exploration. $140. For complete details, call 747-9810; www.fallingwatermi.com.

Yoga

Chair Yoga for Every Body with Lois Gannon at Evolve Yoga Studio • Mondays, 11-11:45 a.m. • Gentle, seated yoga practice geared for those of any age with physical limitations or for those who want to start yoga slowly. We use seated yoga postures to stretch and strengthen all parts of the body. By donation. Call 734-454-9642; www.evolve-yoga.net.

Yoga of Recovery at Zen Buddhist Temple • Six Wednesdays starting Jan. 14, Mar. 4, and April 15; 6-8 p.m. • Learn the similarities of the ancient teachings of yoga to modern 12-step programs and gain a powerful recovery tool. Addiction is a physical, mental, emotional, and spiritual challenge. Yoga can be an effective tool on all four planes. Yoga does not push religion; rather, it teaches us how to live in the ultimate beauty of the present moment. $60 for six sessions. Call 761-6520; annarbor@zenbuddhisttemple.org.

Yoga Class at Zen Buddhist Temple • Six Tuesdays starting Jan. 13, Mar. 3, and April 14; 6:30-8 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization, and combine that experience with meditation training. Classes fill quickly. $60 for six sessions. Call 761-6520; annarbor@zenbuddhisttemple.org.

Yoga II Class with David Black at Zen Buddhist Temple • Six Thursdays starting Jan. 15, Mar. 5, and April 16; 6:30-8 p.m. • Now returning students, and those who already know the traditional hatha yoga postures, have two evenings to choose from, Tuesday or Thursday! $60 for six sessions. Call 761-6520; annarbor@zenbuddhisttemple.org.

Chi Kung (Qigong): Chinese Yoga with Wasentha Young of Peaceful Dragon School • Winter session begins in January • Chi Kung is a Chinese approach and practice that focuses on the relationship of energy (chi) and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese yoga, and traditional Chinese medicine through learning the Wild Goose Chi Kung form. Students also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. Students will also be introduced to the energy pathways (meridians) of the body. $170. Call 741-0695; www.peacefuldragonschool.com.

Russayog Yoga Classes • De-stress and re-energize with an hour of rope-based yoga, including stretches, breathing exercises, aerobic movements, and traditional and rope-based yoga postures. $10 drop-in; packages available. Call Jasprit Singh at 834-0507; talk@russayog.com.
Sunday:
4:30 p.m. • Class with Sarah McAllister
Monday:
6 p.m. • Yoga Session with Jasprit Singh
Tuesday:
Noon • Group Class with Susan Todoroff
6 p.m. • Group Class with Jasprit Singh
Wednesday:
6 p.m. • Group Class with Jasprit Singh
Thursday:
6 p.m. • Group Lesson with Jasprit Singh
Friday:
Noon • Group Class with Casey Stark
6 p.m. • Group Class with Jasprit Singh
Saturday:
Noon-1:30 p.m. • Group Class with Jasprit Singh

Iyengar Method Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, and Nancy Udow • Various day, evening, and weekend classes • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of the individual student, including pregnant women. Classes offered for beginners, intermediate, and continuing students as well as an ageless class. Seven-week session: $58 for one-hour class, $77 for 90-minute class, $100 for two-hour class. For schedule, call Sue at 622-9600; sue@yogaspace.info.

Iyengar Yoga Classes at Harmony Yoga with Karen Husby-Coupland • Day and evening classes offered; Winter session begins Jan. 5 • Yoga classes for beginners and more experienced students. Gentle yoga also offered. Small to medium class sizes in small neighborhood studio allow for personalized instruction. $80-$96 for eight weeks or $15 drop-in. Call 222-9088; www.harmonyyogaannarbor.com.

Anusara Yoga with Michele Bond of Yoga House • Anusara yoga brings us universal principles of alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful and therapeutic, and fun! Learn the essentials for a rewarding practice. Individual attention provided. $12 registered, or $15 drop-in with permission. Call 358-8546; michele@yogahouseannarbor.com.
Sunday:
7:30-9 p.m. • Open Level for new and continuing students
Tuesday:
5:45-7:15 p.m. • Yoga Essentials for new students
Wednesday:
8-9:30 p.m. • Yoga Essentials for new students
Thursday:
9:30-11 a.m. • Open Level for new and continuing students
5:45-7:15 p.m. • Open Level for new and continuing students
Friday:
5:45-6:45 p.m. • Yoga Happy Hour: Restorative Yoga with simple breathwork, gentle stretching, and supported postures ($10 drop-in)
Saturday:
10-11:30 p.m. • Yoga Essentials for new students

Inward Bound Yoga at Friends Meetinghouse • Since 1995, Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga, including four levels of hatha yoga instruction, prenatal and postnatal yoga, Ashtanga, Meditation for Yogis, and several vinyasa flow classes coordinated with music. For descriptions and fees, visit www.ibyoga.com or info@ibyoga.com.
Monday:
4:30-5:30 p.m. • Viniyoga to Music with Sandy
5:45-7:15 p.m. • Level 2-3 with Martha
7:30-9 p.m. • Yoga for Body and Mind with Dottie
Tuesday:
9:30-11 a.m. • Morning Yoga with Lynette
5:45-7:15 p.m. • Level 1 with Janine
Wednesday:
7:30-8:30 a.m. • Wake-up Yoga with Janine
5:45-7:15 p.m. • Level 2 with Lynette
7:30-9 p.m. • Level 2 with Martha
Thursday:
4-5:15 p.m. • Yin/Yang Yoga with Cathy
5:30-7:15 p.m. • Posture Flow to Music with Cathy
7:30-9 p.m. • Level 1-2 with Barbara B.
Friday:
7:30-8:30 a.m. • Wake-up Yoga with Roddy
9:30-11 a.m. • Prenatal Yoga with Marlene
11:15 a.m.-12:30 p.m. • Postnatal Yoga with Marlene
Saturday:
8:15-10 a.m. • Asthanga Yoga with Jonathan
Saturday focus classes to deepen and enhance your practice. See website for schedule.

Yoga Classes with Sondra O'Donnell and Sun Moon Yoga Teachers • Various weekday, weekend, and evening classes offered • $13 drop-in with reduced rates for packages. Call 929-0274; sondra@sun-moon-yoga.com.

Yoga Classes at the Yoga Room with Christy DeBurton and Other Yoga Room Teachers • The Yoga Room offers a relaxed and intimate atmosphere, an alternative to impersonal, commercial studios and gyms. Classes are small, a maximum of ten people, allowing each student to receive individual attention. Stay for tea after class! For class descriptions and fees, call 761-8409; www.christydeburton.com.
Monday:
5:45-6:45 p.m. • Vinyasa with Christy
7-8:15 p.m. • Hatha with Christina
Tuesday:
9:30-10:45 a.m. • Hatha with Christy
5:45-6:45 p.m. • Ashtanga/Vinyasa with Christy
7-8:15 p.m. • Energy Flow with Christy
Thursday:
10:30-11:45 a.m. • Vinyasa with Rachel
4:30-5:30 p.m. • Hatha with Christy
6-7:15 p.m. • Vinyasa with Christy
Saturday:
8:30-9:45 a.m. • Vinyasa with Christy
10-11:15 a.m. • Energy Flow with Christy

Yoga Serves Community Potluck with Christy DeBurton of The Yoga Room • Take your yoga practice off the mat and into our community. Join a service team and make new friends. We serve the hungry, the environment, the arts, youth programs, animal welfare, and other good causes. Free. Bring a vegetarian dish to pass. For a list of current volunteer projects and next date/time, call 761-8409; www.christydeburton.com.

The Yoga Room's Book Club with Christy DeBurton • Bi-monthly Wednesdays, 7-9 p.m. • Join us as we take our yoga practice to a deeper level by reading and discussing books on yoga philosophy, spirituality, and other holistic topics. For a list of upcoming book selections and next date/time, call 761-8409; www.christydeburton.com.

Posture Yoga with Ita Reyes at Mind, Body, Spirit Academe • Saturdays, 9-10 a.m. • This class will focus on strengthening the core muscles while opening and stretching the hips. This allows for proper posture and a healthy spine. Poses are held to build endurance; breath work will release tension so that flexibility of the spine and hips can be achieved. $5 first class, $10 drop-in, $95 for ten sessions. Call 604-5697; itareyes@comcast.net.

Yoga Classes at Tree of Life Cultural Arts Studio in Chelsea • Winter session Jan. 6-Mar. 25 • $12 drop-in or $120 per session. For class descriptions, call 433-0697; www.treeoflifestudio.org.
Hatha Yoga with Rachel Yu • Tuesdays, 6 p.m.
Yogabelly with Jessica Snyder • Wednesdays, 9 a.m.

Vinyasa Flow Yoga with Ellen Livingston of Living Yoga • Wednesdays, 9:30-11 a.m. • Experience an elevated level of mental peace, while safely building strength, endurance, and flexibility. Enjoy inspiring music, yoga philosophy, and delicious raw food snacks. Beginning to intermediate students welcome. $15 drop-in or 10% discount with eight-week pass. First class free. Call 995-0875; www.livingyoganow.com.

Open Level Yoga with Ema Stefanova • Mondays, 6:10-7:30 p.m. • Excellent for both beginner and continuing students, this class is designed to peacefully energize you and develop total fitness - meaning a healthy body as well as emotional stability, stree-free personality, and heightened mental awareness. $150 for ten weeks. Call 665-7801; emastefanova@cs.com.

Yoga Classes at Ann Arbor Yoga and Meditation School with Ema Stefanova and School Graduates • Learn holistic yoga and meditation in an intimate, relaxed space dedicated to healing, yoga, and meditation. Small group allows for expert individual guidance. No sticky mats please because of our special back-friendly floor. For costs, call 665-7801; www.YogaAndMeditation.com.
Sunday:
10:45-Noon • Open Level
Monday:
9-10 a.m. • Mommies Do Yoga, Daddies, too
10:10-11:25 a.m. • Prenatal Yoga
4:15-5:30 p.m. • Yoga for Athletes
6:10-7:25 p.m. • Open Level
8:15-9:15 p.m. • Real Yoga Nidra
Tuesday:
4:15-5:30 p.m. • Prenatal Yoga
Wednesday:
9:15-10:30 a.m. • Open Level
10:45-11:45 a.m. • Mommies Do Yoga, Daddies, too
4:15-5:30 p.m. • Beginner Yoga
8:15-9:30 p.m. • Yoga for Athletes
Thursday:
6-7:15 p.m. • Open Level
Friday:
8:10-9:10 a.m. • Beginner Yoga
9:15-10:30 a.m. • Yoga for Athletes

Yoga Workshops at Ann Arbor Yoga and Meditation School with Ema Stefanova • Call 665-7801; emastefanova@cs.com.
Yoga and Meditation Day • Jan. 11, 18, Feb. 1, 8, Mar. 3, 15; 9 a.m.-3 p.m. • Experience and enjoy an authentic yoga and meditation retreat. $120 or $108 in advance.
Yoga Therapy Series • Jan. 10, 17, Feb. 7, Mar. 7, 14; 2-5 p.m. • Paricipate in one or all of these non-sequential experiential and lecture sessions to learn about yoga as therapy. $54 each or $39 in advance per session.
Yoga Lifestyle Weekend Retreat in Ganges, MI • April 17-19 • Enjoy yoga and meditation practice, lectures, chanting, karma yoga, and nature walks at nearby Lake Michigan beaches. $325 includes accommodations and meals.
Yoga and Meditation Open House • Jan. 10, 17, Feb. 7, Mar. 7, 14; 1-2 p.m. • Meet Ema Stefanova and get a mini yoga therapy consult free.

Yoga Teacher Certification Programs and Yoga Therapy Certification Programs at Ann Arbor Yoga and Meditation School with Ema Stefanova • Choose to start at the 200, 300 or 500 hour levels, short term weekday and weekend intensives and retreats to longer term course of studies. *See the full listing in the Professional Enrichment section on page 59.*

Teachers, Lecturers, Workshop Leaders and the Centers

Aaron is a spirit who was "a Buddhist monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition."

Linda Adamcz, LMSW, has worked as a therapist, group facilitator, and case manager in the field of mental health for over 20 years. She was certified as a practitioner of Integrative Breathwork and Psycho-Spiritual Integration with Eupsychia Institute 12 years ago.

N. Aveline Aguirre, NHP, BSC, is a natural health practitioner and exercise specialist in Ann Arbor for 26 years.

Laurie Akerros, BA, MA, LMT, is a teaching member of the World-wide International Network of Esoteric Healing group, and has 27 years training and experience in holistic healing modalities.

Tanis Allen, ACSW, LMSW, is a psychotherapist in private practice in Ann Arbor. She has been working with eating disorders and weight concerns, grief and loss, anxiety and depression, and adjustment to physical illness for 22 years.

Layla Ananda, MA, LLP, is a local psychotherapist, musician, intuitive, and spiritual teacher.

Eril Andes is a mother, massage therapist, and polarity practitioner.

Michael Andes, LMSW, is a local therapist with 35 years experience, neurofeedback trainer, and artist.

The Ann Arbor Art Center is a nonprofit organization dedicated to engaging the community in the education, exhibition, and exploration of the visual arts. Open Monday-Saturday 10-6 and Sunday Noon-5:30.

Ann Arbor Institute of Massage Therapy instructors are highly trained to assist each student on an individual basis. They are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork.

Ann Arbor Yoga and Meditation School is a Yoga Alliance registered school dedicated to Yoga Therapist and Teacher Certification and Mentoring Education, as well as teaching small groups, private classes, retreats and yoga vacations.

Leland Austin, MA, is a Certified Advanced Rolfer and has practiced Rolfing for 24 years. He studied Bodynamics, a body-oriented psychological work from Denmark, for five years as well as the spiritual practice of the Diamond Approach for ten years.

Nancy Ayotte, IHM, M.Div., MRE, is a catechist of the Catechesis of the Good Shepherd.

Nancy Bahlman began her study of astrology 40 years ago, and has read for clients for 25 years. She has written an astrology column for *PhenomeNEWS* for 14 years.

Judith Banker, MA, LLP, FAED, is the founding director of the Center for Eating Disorders.

Beth Barbeau, BS, is a homebirth midwife, childbirth educator, and instructor in the Holistic Labor Companion program at the Naturopathic Institute in Mt. Pleasant. With over 25 years experience in the field of birth, she is also co-owner of Indigo Forest, a pregnancy and early parenting store and class studio in Ann Arbor.

Christopher Barbeau has 34 years experience as stuntman, martial artist, and movement specialist. Founder of Ring of Steel, he also runs summer stunt camps for children.

Christopher Bednash is a local artist, activist, Crazy Wisdom staffer, and goof ball dedicated to promoting peace and ecology through art, education, and public outreach.

Rev. Dave Bell was trained in the Unity tradition and later ordained as an Interfaith minister at the New Seminary in New York.

Rita Benn, PhD, is a developmental-clinical psychologist on faculty for nearly ten years with UM Integrative Medicine.

Chrissie Blaze is a professional astrologer, speaker, regular media guest, columnist, and author of seven published books. She recently appeared on E! Entertainment Network talking about horoscopes.

Jill Blixt is a creativity and life transition coach, motivational speaker, and working writer/artist. Her career includes 20 years as an owner/creative director of an advertising agency, and has studied with Julia Cameron, Natalie Goldberg, and Sonia Choquette.

Dan Bloom, JD, LCSW, was past president of the Gestalt Institute of New York and is current president of the International Association for the Advancement of Gestalt Therapy.

Carol Blotter has been practicing Vipassana since 1989 and has been teaching since 1999. She is also a teacher for The Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth.

BODY-MIND-SPIRIT Wellness Center endeavors to promote meditation, natural healing and inner peace through various mind-body fitness classes and meditative oriented sessions.

Michele Bond is a student and teacher of Anusara yoga with a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay. Her yoga practice began in her teens and continues to grow under the guidance and mentoring of John Friend, founder of Anusara yoga.

Cristo Bowers, BA, CHt, is a certified hypnotherapist and has been practicing meditation for ten years.

Susan Boyes is a Board Certified and Registered Art Therapist, completing her Master's in Art Therapy at Southwestern College in Santa Fe. She has studied shamanic healing practices through the Foundation for Shamanic Studies since 1991.

Michael Bratcher, NCTMB, combines energy work with therapeutic massage. He has studied Reiki III, Healing Touch, Polarity Therapy, and Chinese Energetic Medicine.

Patty Brennan, director of the Center for the Childbearing Year, has been an advocate for childbearing families for over 25 years as a childbirth educator, doula, and midwife. She is editor of *Whole Family Recipes: For the Childbearing Year and Beyond*, and author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccine Choices, Homeopathic Alternatives, and Parental Choice.*

Barbara Brodsky is the founding teacher of Deep Spring Center and is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

Lorna Brown is a Melchizedek priest, shaman, spiritual coach, and healer, and performs personalized wedding ceremonies. She has been presenting workshops on meditation and metaphysics since 1972.

William Carvao Brown Jr. has been training Capoeira for 12 years.

Steve Burison and **Steven Scally** are certified teachers of the (W)hole Point Institute and The Wisdom Way approach to awakening and empowerment.

Ann Burton, PhD, has been exploring energy medicine techniques for over 15 years.

Sue Burton-Hidalgo, medical clairvoyant and healer, has been an energy worker and bodyworker since 1980.

Cassie Camman, RCST, has been practicing Polarity Therapy in Ann Arbor for 20 years and is a Registered Polarity Practitioner.

Center for the Childbearing Year is a unique community resource center offering a variety of classes and support groups for expectant and new parents, as well as training for professionals who work with pregnant women or new moms and their families. Professional birth and postpartum doula certification is offered through DONA International. Lending library, breastfeeding support and supplies, and doula services are available.

Chelsea Center for the Arts is dedicated to developing, fostering, and promoting music and visual art in Chelsea and the surrounding communities.

Elizabeth Alaya C. Chadwick, MDiv, MSW, has 30 years experience in transformation and empowerment with an emphasis on the integration of psychology and spirituality.

Barbara Christensen is a 6th Degree Black Belt Shorin Ryu Karate.

Diana Christoff Quinn, ND, is a licensed naturopathic physician specializing in women's health, endocrinology, and chronic illness. She has a private practice in Ann Arbor where she offers holistic approaches to healing.

Lorraine Coburn, MSW, was a psychotherapist for 25 years and is author of *Breaking Free: How Forgiveness and A Course in Miracles Can Set You Free.*

Jennifer Coffman, MPH, is an epidemiologist and women's health educator who has taught fertility awareness to women for over ten years.

Tammy Corwin-Renner finds singing with women and girls to be an amazing, loving, calming, and spiritual experience.

Judy Crookes is a conscious channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles, including publication in *Sedona Journal of Emergence.*

Hugh Danville has practiced in the Tibetan Nyingma tradition for ten years and has been practicing Insight Meditation for five years.

Mai Datta, PhD, has 20 years experince in meditation and various styles of yoga. She had training in Integrative Restoration (*i*Rest) from Richard Miller.

Kristi Davis, Registered Drama Therapist candidate, has an MA in Transpersonal Drama Therapy Studies and Psychoneuroimmunology.

Christy DeBurton, RYT, is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has taught yoga since 1998 and is the owner of The Yoga Room.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support the teachings. It is governed by a Board of Directors with Barbara Brodsky as guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity. Other Deep Spring teachers have many years vipassana practice and teaching experience with training through the DSC's teacher training program.

Rev. Cathy DeLauter is an Interfaith minister, spiritual counselor, speaker, and wedding officiant. She has been a teacher and student of metaphysics since 1980.

Matt Demmon owns a landscaping business and works for Natural Area Preservation. He lives on a farm in Northfield Township with his wife, dogs, and mushroom logs.

Krista Dragun is a certified Birthing from Within mentor, mother and birth and postpartum doula.

Kate Durda, MA, and **Stephanie Tighe**, MSW, shamanic practitioners, present workshops on Shamanism. They are graduates of the Foundation for Shamanic Studies and have trained with Sandra Ingerman.

Dori Edwards co-directed LikeWater Drum and Dance and has studied dance at conferences around the U.S. and in West Africa. She creates a learning environment where beginning students are nurtured and advanced students will be challenged.

Ryan Edwards, experienced teacher of music and folklore and active student, has traveled to Guinea, West Africa several times to study, absorb, and celebrate rhythm.

Connie Lee Eiland has been a shamanic practitioner since 2000 and was approved to teach by Sandra Ingerman.

Janetlynne Erickson provides education and resources to families on CPR, childbirth preparation (Lamaze), breastfeeding, car seats, and safe sitter babysitting, and enjoys being a doula. She has a bachelors of nursing degree from Madonna Univ.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

Mara Evans, MTP, hold a Masters in Transpersonal Psychology with specialization in Spiritual Psychology as well as Organizational Development. She is a level III practitioner and teacher of Reiki.

Linda Diane Feldt is a local author, teacher, and full time private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing cranialsacral therapy, polarity therapy, massage, and herbology, and has written three books, including *Massage: Learning to Give and to Receive.*

Marcia Ferstenfeld, MA, CIRT, is a certified Imago relationship therapist and workshop presenter. She practices in Southfield, MI.

Bon Rose Fine, student of astrology since 1993, writes, teaches, lectures, and offers consultations. She serves as president of Southeast Michigan Astrologers' Round Table, a chapter of National Council for Geocosmic Research.

Questions for Mary Tillinghast of Castle Remedies

When you were a girl, what did you think you wanted to be when you grew up?

I recall daydreaming about being a doctor. There was a time when bored in school, I hid a short stack of loose-leaf paper underneath the book I was supposed to be studying. On these pages I wrote down everything I knew about the human body, stream of consciousness style. I'd share a song or two, now, in order to read that collection.

Where were you raised, and do you still have family there?

I grew up in a mill town in upstate New York. During World War II, Glens Falls was designated "Home Town USA", and featured on the cover of Look Magazine. Craving adventure, I left that town behind, but all my siblings and their families still live there. I truly love going back to visit them in the beautiful setting of the Adirondack foothills.

How did you come to be involved with homeopathic medicine?

When I first moved to Ann Arbor with my husband and four young children, we were invited to a block party in our neighborhood. I introduced myself to a lovely girl, a potential babysitter (I thought), who turned out to be the mother of four and married to Dr. Ed Linkner, a holistic MD who uses homeopathy in his family medical practice. We became friends, and shortly after that I began helping Dr. Linkner dispense homeopathic remedies out of his office. How fortunate I was to find a job and a mentor at the same time.

I never knew that story, Mary. That's wonderful! And how long have you been running Castle Remedies?

I have been running Castle Remedies from its inception in 1983; that would be 25 years.

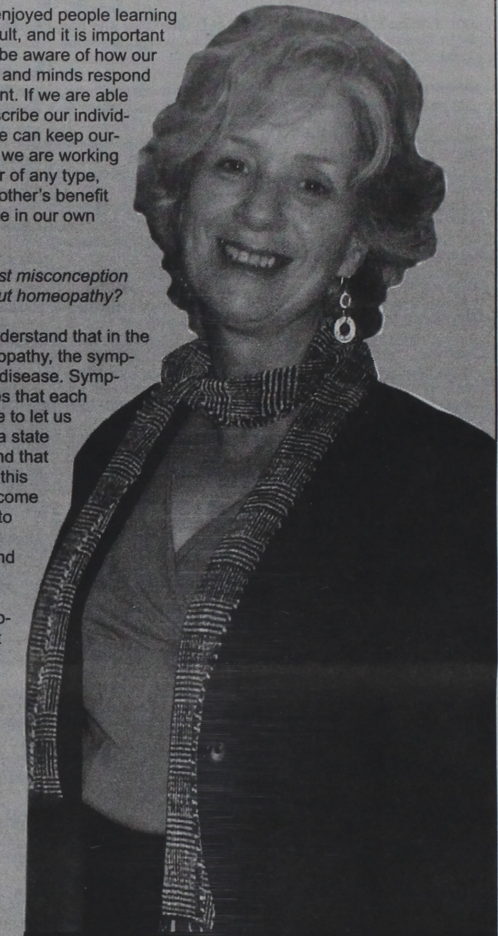
Would you say that interest in homeopathy is growing in our community, holding steady, or declining? Is homeopathy attracting younger people to Castle Remedies and to your classes?

Over the past twenty-five years, I have watched the interest in homeopathy here in our community, as well as across the country, steadily grow. When Castle first came into being, there were, at the most, maybe a half dozen books for lay people on the subject of homeopathy. Now there are hundreds. Probably the main portal for people coming to be interested in using homeopathy is having a young family that they want to keep safe and healthy. Young people continue to be more proactive about their family's healthcare. This can only be a good thing.

In a nutshell, what do you love about homeopathy?

I love that homeopathy provides us with a process for becoming more in tune with our own health, and that of our loved ones. I love that it helps people suffer less. And what has been most meaningful to you about being a teacher of homeopathic principles?

I have so much enjoyed people learning that it is not difficult, and it is important for each of us to be aware of how our individual bodies and minds respond to our environment. If we are able to notice and describe our individual symptoms, we can keep ourselves healthy. If we are working with a practitioner of any type, it is only to each other's benefit that we participate in our own wellness.



Mary Tillinghast has been the manager of Castle Remedies in the Parkway Center for 25 years, and she also teaches homeopathy classes.

What's the biggest misconception people have about homeopathy?

People do not understand that in the practice of homeopathy, the symptoms are not the disease. Symptoms are the clues that each of our bodies give to let us know that it is in a state of imbalance. I find that when people get this concept, they become much more able to choose remedies for themselves and their loved ones, or when needed, provide a practitioner with pertinent descriptions of symptoms, enabling her to prescribe the most appropriate homeopathic remedies.

Is Castle Remedies the only store of its kind in southeastern Michigan, or in the state?

I am not aware of any other homeopathic pharmacies in the state of Michigan. There are many professional practitioners of homeopathy, however. Some of these dispense homeopathic preparations, as well as send their clients to us. We have found that when people become educated about how to use homeopathic remedies, they are much enabled to work with their practitioners.

What do you most enjoy about Ann Arbor in the wintertime?

I love that shared feeling of having to hunker down. It seems to me that the community gets a little closer in the winter. We help keep each other warm, nurse each other through colds, and most importantly keep each other laughing. Downtown Ann Arbor is so pretty at night. This year I've made a pack with a colleague to get out and walk in the snow several times a week.

Where would you like to travel to that you've never been to?

I've been to Ireland and so love it. I've traveled to Vietnam with Thich Nhat Hanh, which was an incredible experience. Been to France, Turkey, and many places in our own spectacular country. I want to go to Nova Scotia, not sure why, and to South America, and to Africa, and, oh yes, one of those islands somewhere, where you just lie on the beach.

Teachers, Lecturers, Workshop Leaders and the Centers

Betty Finn is a Reiki Master and teacher, Certified SOMA energetics practitioner, and Certified Body Forks practitioner..

Kathi Finney has an extensive background and experience in meditation, astrology, crystal healing, intuitive healing, and women's empowerment, with advanced training in Esoteric Healing.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998.

Jennifer Flowers is a Reiki Master, teacher, massage therapist, and mother of five children.

Marcella Fox is an intuitive and channel with extensive training in shamanism in Peru, the U.S., and Canada, and is a Reiki Master.

John Friedlander is an internationally acclaimed psychic, author, and teacher with degrees from Duke and Harvard Law School. He co-wrote *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance.*

Melanie Fuscaldo, LPC, NCC, is a Licensed Professional Counselor with a National Counseling Certification. **Lois Gannon**, MSW, SYT, has practiced yoga for ten years.

Bronwen Gates, PhD, is an herbalist, botanist, indigenous healer, spiritual counselor, and joy coach whose gifts are in the uses of the healing resource within plants that support optimal functioning, and in helping access innate body wisdom, with over 30 years experience.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing various avenues to explore body-mind-spirit. The Center offers ritual and ceremony, workshops and seminars, and health-oriented classes and services.

Gehlek Rimpoche is Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of contemporary western culture allows him to convey Tibetan Buddhist tradition with wisdom, kindness, and wit.

Jennifer Giordano, DO, is a physician with special training in mental health.

Ann-Margaret Giovino is a Postural Alignment Specialist, personal trainer, and owner/operator of Gym Giovino since 1998.

Don Goergen, OP, PhD, is a Dominican Friar of the Chicago Province, preacher, teacher, and writer. His most recent book is *Fire of Love: Encountering the Holy Spirit.*

Ray O. Golden, MSE and Reiki Master for over 15 years, trained in the traditional Japanese manner by Dr. Gabriel Cousens. He is the founder of the Center for Intuitive Health and has studied psychic development for over 25 years and has practiced Reiki for 20 years.

Michelle Gordon is a nationally certified massage therapist, Reiki Master, and ballet teacher for 20 years.

Jocelyn Granger is director and founder of the Ann Arbor Institute of Massage Therapy. Since 1982, she has had extensive advanced training in Myofascial Therapy, Neuromuscular Therapy, and Sports Massage.

Great Lakes Center for Healing Touch Student Training Clinic is a non-profit organization dedicated to providing the benefits of Healing Touch to the community at a reasonable rate and assisting students of Healing Touch to become certified practitioners.

Linda Greene is a Registered Polarity Practitioner and White Belt Certification in Nia.

Alice Greminger is a graduate of the Alexander Foundation of Philadelphia and has been teaching since 1985.

Mark Handler is a Tibetan Bowls master, sound healer, and recording artist, with a background in clinical psychology.

Kathryn Hannan is a Nationally Certified Massage Therapist and Bodyworker at TheraCare Therapeutic Massage Healing Arts Center, and a member of American Massage Therapy Association.

Donna Harber, MSW, CBT, is a Body Energy Therapist, Certified Bioenergetic Analysis Therapist, and intuitive healer. Donna trains healers and readers in the embodied practice of Bio Self-Emergence and writes a bi-monthly column in *Precognito* magazine.

Craig Harvey has been leading peace meditations and world healing vigils since 2001.

Elizabeth Hazel is an astrologer, tarotist, and author of the Whispering Tarot and book in 2008. She edits the American Tarot Association's Quarterly Journal.

Andrea Hill has over 15 years experience as a professional massage therapist/bodyworker and eight years as a women's group leader.

Sierra Hillebrand is a psychotherapist, midwife, and doula who has provided clinical services to women and their families since 1997.

Cinda Hocking, MSW, is a medical social worker and lifestyle counselor.

Geoffrey Hoebbel, teacher, Licensed Massage Therapist, certified Melody crystal healer, and Reiki Master, is an experienced medieval astrologer who studied under Robert Zoller.

Dan Hoffman is a certified massage therapist who practices martial arts and standing meditation.

Mike Hsu, MD, is a clinical lecturer and research fellow in physical medicine and rehabilitation at Univ. of MI Research Center.

Dennis Hunt has participated with Ken Wilber's Integral Institute and has read ten of Ken Wilber's books.

Karen Husby-Coupland is a certified Iyengar yoga instructor teaching since 1999, and is director and teacher at Harmony Yoga.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed in our Holistic Resource Guide on the Web. Go to annarborholistic.com.

Indigo Forest, a holistic family center in Ann Arbor, provides support through classes and products that nurture healthy pregnancies, parenting, and lifestyles.

Molly Ann Indura is a channel who helps her clients clear issues that are energetic, physical, mental, emotional, and karmic in nature. She is also a Kabbalist, adept, and teacher.

Interfaith Center for Spiritual Growth is a New Thought congregation that convenes in its own building every Sunday in Ann Arbor.

Inward Bound Yoga Program was founded in 1995 by Barb Linderman. Instructors include Janine Bennett, Barbara Brookens-Harvey, Dorothy Ann Coyne, Sandy Hines, Cathy King, Martha Laatsch, Marlene McGrath, Lynette Smith, Jonathan Tyman, and Roddy Wares.

Martin Iott, OP, a Dominican friar of the Southern Province, currently resides in the Friends of God Dominican Ashram on the campus of the Adrian Dominican Sisters.

Jewel Heart Tibetan Buddhist Center offers a graduated study and practice program based on the teachings of Gehlek Rimpoche. Open to all, these classes are especially intended for those wishing to study the Tibetan Buddhist path in a systematic and in-depth manner, and include meditation and discussion.

Sheree Johnson, MEd, LPC, is the founder and senior therapist/trainer at the Gestalt Institute of Ann Arbor. She has a BA in Social Work, a MEd in Counseling, and is a doctoral student in Health Psychology.

Ann Jones, PhD, has worked as an internal consultant for Fortune 500 companies, including the Cleveland Clinic and American Greetings. She wrote *Woman Heal Thyself Guidebook* for the Stillpoint Institute and is owner of Build Your Practice.

Amanda Jordan is a Certified Holistic Health Consultant through Blue Heron Academy.

Kelly Kempter, NCTMB, received her massage training at Irene's Myomassology Institute in 2003 and maintains a private practice specializing in Myofascial Release and Thai Massage. In 2005, she co-founded Kaizen Healing Arts.

Thomas Kern specializes in overcoming fears, inertia, and underachievement.

Jillian Kerry is a twice-certified Life Coach through Coach Training Alliance and Parent and Coach Academy, and also a certified NCGR Level 2 astrologer.

Shala Kilmer offers private clairvoyant or channeled readings and teaches classes in psychic/intuitive development and channeling.

Carole Kirby, LMSW, has 30 years experience as a therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter offering group, couples, and individual therapy.

Laurie Krauth, MA, LLP, a psychotherapist since 1994, specializes in anxiety, depression, and sexual, relationship, and LGBT issues. Michigan Limited License permits practice under the supervision of a Michigan Licensed psychologist, Nathan Claunch, PhD.

Julie Kouyate co-directed LikeWater Drum and Dance and has studied dance at conferences around the U.S. and in West Africa.

Dave and Pat Krajovic are Certified Transformational Breath Facilitators and Senior Trainers for the Transformational Breath Foundation. As nationally Certified Massage Therapists, they also have advanced training in CranioSacral Therapy, Pranic Healing, and Esoteric Healing.

Marian Lage is a nationally-certified sign language interpreter. She was born to deaf parents and is a native user of both American Sign Language and English.

Donna Lakes is an intuitive energetic therapist facilitating healing of the physical and emotional soul levels.

The Learning Center for Astrological Studies instructors are highly trained professional astrologers.

Jeremiah Lee received his BA in psychology from Alma College and teaches workshops for expectant fathers and doulas. He is an at-home father of three young children.

Rolinda LeMay, M.Ed., is a master's level teacher with a background in biology, botany, herbology, anatomy, energy work, and Ayurveda.

Marc Lerner heads Life Skills Seminars, Inc. He was diagnosed with MS 27 years ago.

William (Temperance) LeTourneau has read tarot as a professional intuitive counselor, and has founded and moderated a number of groups in Michigan and Pittsburgh.

Ellen Livingston is a raw food educator, healthy lifestyles advocate, and yoga teacher.

Cendra Lynn, PhD, is a grief psychologist and certified Traumatologist, and has been in private practice in Ann Arbor since 1973.

Susan Major, MA, is the creator of Present Time Energetics, a healing method that integrates energy psychology and spiritual-emotional release work.

Mara Bell Mancini-Lander is an intuitive guide, healer, folklorist, and mother of two.

Iris Markham is a Kabbalistic healer, a Kabbalist, and a Pathwork helper and teacher.

Barb McConnell, LPN, CHTP/I, is a licensed practical nurse, certified Healing Touch practitioner and instructor for Level 1 and 2, and has over 30 years experience in clinical, industrial nursing, and industrial management.

Jim McDonald, community herbalist, wildcrafter, and medicine maker, has been practicing the art of herbcraft for over 15 years.

Phil Meade has been practicing astrology since 1987. He is an author, poet, and member of the International Society of Neoplatonic Studies.

Lani Kwon Meilgaard, MA, is a transformational empowerment coach, writer, and public speaker, and is a member of the International Coach Federation.

Sandy Miller, LMSW, is a psychotherapist in private practice for ten years, providing Eye Movement Desensitization and Reprocessing to resolve grief, trauma, and self-esteem issues, and NeuroModulation Technique.

Jane Mueller is a lactation professional and experienced nursing mom who has been empowering mothers to have successful breastfeeding experiences in individual and group settings since 1995.

Irena Nagler is a director and performer with Nightfire Dance Theater, and has facilitated community dance events since 1987.

Alyssa Northrop, MPH, received her massage training at Ann Arbor Institute of Massage Therapy in 2001 and maintains a private practice specializing in Neuromuscular Therapy and Myofascial Release. She co-founded Kaizen Healing Arts.

Ramona Nowak, OP, Adrian Dominican Sister, educator, and chaplain, currently ministers as a Pastoral Associate at the Church of the Blessed Sacrament in West Lafayette, Indiana.

Teachers, Lecturers, Workshop Leaders and the Centers

Sandra O'Donnell, E-RYT 500, is a certified Registered Yoga Teacher, yoga therapist, and directs the Sun Moon Yoga Teacher Certification program recognized by the Yoga Alliance. She is a mother of three and certified in the Radiant Child Yoga Program.

Robin Okun, MSW and Certified Nia Instructor (brown belt), has been involved in mind/body work for over 20 years.

Heather O'Neal is chime master in the Tower at Kerrytown and is owner/tour guide of her adventure company, Of Global Interest. Her Ann Arbor home is also a bed and breakfast.

Nicole Pacquin, CTN, is a graduate of and instructor at the Naturopathic Institute of Therapies and Education in Mt. Pleasant. She is nationally certified by the American Naturopathic Certification Board and is co-owner of Indigo Forest Holistic Family Center in Ann Arbor.

Milagros Parades is a shiatsu therapist in practice since 1994. She has spent the last eight years seeking an understanding of and solution for her son's digestive disorders.

Eleanor Payson, LMSW, from Royal Oak, MI, is a licensed marital and family therapist practicing individual and relationship therapy for 26 years.

Sandy Pierani, former dance member of Likewater Drum and Dance, is a fitness instructor for Ann Arbor Rec. and Ed.

Dosho Port is a Soto Zen priest and disciple of Dainin Katagiri-roshi. Dosho began studying Zen under Katagiri-roshi's guidance in 1997 and trained with him until his death in 1990. He teaches with Wild Fox Zen in White Bear Township, MN.

Leigh Ann Phillips-Knope, MA, RYT, is a yoga practitioner and teacher within universities, medical centers, social service agencies, yoga studios, and women's wellness retreats.

Diana Christoff Quinn, ND, is a licensed Naturopathic physician specializing in women's health, endocrinology, and chronic illness. She has a private practice in Ann Arbor where she offers holistic approaches to healing.

Marcella Regan, IHM, is a religious education specialist, having obtained her MA in Religious Education from Pius XII Center/Univ. of Detroit.

Barbara Robertson is director/owner of the Breastfeeding Center in Ann Arbor, board certified lactation consultant, and breastfeeding educator.

Robin Robinson is the director and teacher of Robinsons for Kids Center. She has recently moved from New York City where she taught Music Together for eight years.

Anita Rubin-Meiller, LMSW, and **Dawn McCalla**, LMSW, have been working in the fields of addiction and trauma recovery for individuals, families, and couples for over 25 years. They have co-facilitated Tapestries for six years.

Jonathan Rudinger, RN, LMT, is a pioneer in the field of canine massage with over 20 years experience and founder of Pet Massage, Ltd. in Toledo.

Renee Rutz, Karen Kerns, and **John Bodary** have been teaching and practicing Polarity Therapy for ten years.

Sue Salaniuk holds a Junior Intermediate III National Yoga Certificate, one level higher than is required in the Iyengar system to be eligible to teach prenatal yoga. She has been teaching since 1988.

Sandya (Sandra Shears) is a lightworker and vibrational practitioner since 1990 and is a graduate and teacher of Luminessence Productions with Orin and Sanaya Roman.

Natasha Schaffer, Certified Yoga Meets Dance Instructor, has been teaching, dancing, and practicing yoga for 12 years.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a 501 (c)(3) public charity near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Elizabeth Shadigian, MD, is a board-certified obstetrician/gynecologist, teacher, researcher, and consultant specializing in the safety and well-being of women. She founded the Battered Women and Children's Memorial Garden and recently opened her private practice, WomanSafeHealth.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits and aptitudes, career, relationships, business, wealth and wellbeing, as well as all other aspects of life.

Laura Shope, MFA, CPC, is the founder and creative director of Bluefire Institute.
Jasprit Singh is creator of Russayog Yoga.

Lynn Sipher, LMSW, ACSW, has been providing individual, couple, family, and group therapy for over 20 years.

Missy Siudara is a 3rd Degree Black Belt in Shorin Ryu Karate.

SMART (Southeast Michigan Astrologers' Round Table) is a consortium of series astrology students and professionals who have been meeting since 1994. They are a chapter of the non-profit National Council for Geocosmic Research.

Prema Linsday Smith, RN, BSN, is the proprietor of Inner Balance Therapy for five years and has been in private practice for over 30 years, specializing in craniofacial therapy, massage, and bodywork. She is faculty member of AAIMT and teacher for 11 years.

Richard Smoot has studied, worked with clients, and taught astrology for 35 years. He belongs to many national and international astrological groups and has passed their highest level of professional examination.

Ema Stefanova, owner and director of Ann Arbor Yoga and Meditation School, is a yoga and meditation master, yoga therapist, and teacher trainer since 1979, specializing in private yoga therapy and lifestyle coaching. She teaches and practices yoga as carefully preserved by the living Satyananda yoga tradition.

Gari Stein, an active member of the early childhood community with degrees in child development and dance, has been an educator for 40 years and music specialist for 15 years.

Kate Stroud is a certified birth doula, childbirth educator, certified massage therapist, belly caster, and mother of two. She has been working with pregnant women and their families since 2000 and is founder and editor of *The Birth Project* magazine.

Robert Taylor is a 35-year scholar and teacher of Vedic philosophy and has been a lifelong practitioner of Bhakti Yoga. He currently produces and hosts the popular holistic, metaphysical tv show *Out of the Ordinary, Into the Extraordinary.*

Janene Ternes is a commissioned spiritual director through the Ignatian Spirituality Program and founder of Prayer in Motion, LLC, through which she teaches holistic forms of prayer.

Melissa Thakur is a certified group fitness instructor.

Kristine Tippen, PhD, LLP, is a psychotherapist at the Center for Eating Disorders, specializing in work with adolescents and families in recovery.

Traktung Rinpoche is an American-born master of Tantric Buddhism. He is founder and Lama at Tsogyelgar Dharma Center in Ann Arbor.

Transition Initiatives is a group of Ann Arbor and Ypsilanti sustainability advocates exploring the Transition Towns movement.

Judy Nur-un-nisa Trautman is a certified leader of International Dances of Universal Peace and has danced in Ann Arbor for 13 years.

Tree of Life Cultural Arts Studio, located in Chelsea, is devoted to contributing to the global community through movement, dance, and drumming classes of various ethnic and cultural traditions.

Tsogyelgar Dharma Center, a small residential meditation center outside Ann Arbor, teaches the Nyingma lineage of Tibetan Buddhism.

Nancy Udow is certified by the National Iyengar Association and has taught yoga for 12 years, with a dance background as well.

Karen Ufer, certified in the Iyengar method, established Yoga Focus in 1994 and has over 20 years of teaching experience.

University Musical Society is a nonprofit arts presenter bringing the best touring music, dance, and theater to Ann Arbor for 126 years, hosting more than 60-75 performances and over 100 free educational events each season.

David Van Eck is a massage therapist, polarity practitioner, and instructor at the Ann Arbor School of Massage Therapy.

Visitation Spirituality Center in Monroe offers a spacious natural setting including a barn-chapel, library, retreat house, and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors, and communal prayer for people of all beliefs.

Violeta Viviano is an advanced student and has worked with John Friedlander for almost 20 years.

Cam Vozar, LMSW, LMFT, is a psychotherapist in private practice with men and their families for over 20 years. He is a Level II EMDR certified therapist.

Merri Walters has been a holistic health practitioner in Ann Arbor for 30 years. Working with and teaching about flower essences have been an integral part of her practice.

Sara Warber, MD, is co-director of UM Integrative Medicine and practices holistic medicine with an emphasis on women's health.

Wendy Warrick is a feng shui practitioner, which evolved from 20 years experience working with homes through her interior design background and intuitive abilities.

Kathi Waters is an ACPI Certified Coach for Parents and was recently trained as facilitator by Pam Leo, author of *Connection Parenting.*

Jamie Wazenkewitz is a mother a dual masters student at the Univ. of MI studying Social Work and Public Health. She has a BA in Psychology and is an instructor at the Center for the Childbearing Year.

Amanda Weishuhn, MA, LLP, is a psychotherapist at the Center for Eating Disorders, specializing in the treatment of anorexia and bulimia.

Christia West is a graduate of and instructor at AAIMT, nationally certified through the NCBTMB, and has been practicing massage therapy since 1999.

Suzy Wienckowski, a Reiki Master and Registered Massage Therapist, has 28 years experience in the healing arts. Reiki has been the focus of her work since 1993. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Wild Swan Theater is Michigan's premier theater for families, presenting over 150 high quality and affordable performances each year to the community for 25 years.

Mariama Williams is an economics and trade consultant with the International Gender and Trade Network, acting as author, consultant, and adviser on gender issues and international trade actions.

Willow Studio offers personalized Gyrotonic, Gyrokinesis, and Pilates training in private and small group sessions.

Ryan Wilson is Headmaster of White Crane Michigan Dojo in Ann Arbor.

David Winfree has experience facilitating spiritual growth groups and has a current teaching ministry at Interfaith Center, focusing on the dissolution of the ego, forgiveness, releasing attachments, and higher states of consciousness..

Lisa Wolf, MA, LLP, is a clinical psychologist in private practice in Ann Arbor.

Nancy Wolfe teaches in the Art Therapy Program for Wayne State Univ. and received her MFA in Painting.

Jenna Wunder, MPH, RD, has worked for UM Integrative Medicine as a nutritionist for nearly ten years and is co-developer of the UM Healing Foods Pyramid.

Steve Wyse, Sleeps By Deer, is a Native American flute maker and recording artist who writes and performs music on his flutes, combining animal spirit medicine and sacred chants.

Yoga Space instructors are certified by the National Iyengar Yoga Association.

Yogis of Michigan support free meditation instruction, self-realization, and relaxation.

Wasentha Young is a Master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. With over 39 years experience in her field, she lectures on the benefits of TCC, Chi Kung, and meditation as it relates to emotional, spiritual, and physical wellbeing. She teaches at the Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung.

Ann Zalek is a Nationally Certified Massage Therapist and Bodyworker, Certified Educator of Infant Massage, Certified Infant Massage Instructor, Certified Educator of Dunstan Baby Language, and a Third Degree Reiki Master/Teacher at TheraCare Therapeutic Massage and Healing Arts Center in Ann Arbor.

Karlta Zarley, RN, CHTP, has 28 years experience in preventative and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice in Ann Arbor for 10 years as a professional healer and educator, providing spiritual direction, energy work, colored light therapy, and patient advocacy.

Zen Buddhist Temple in Ann Arbor offers meditation and yoga classes, retreats, lectures, and Sunday services. Classes and retreats are led by Reverend Haju Sunim, Resident Priest, who has been teaching yoga since 1975 and meditation since 1985, as well as other senior members of the Temple.

Crazy Wisdom
Tea Room
Invites you to

Tea with the Fairies

Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve up tea, treats, and magic.

$10.50* per person includes a pot of delicious tea (free refills), petits fours, cookies, and a party favor.
Bring your own fairy wings, dolls, and friends.

Thursday, February 26th
& Thursday, April 16th
2 seatings scheduled
First Tea at 1 p.m., followed by a Second Tea at 4 p.m.
Guaranteed seating requires a credit card number given at time of reservation.
Credit card will be charged the day of teas.
Cancellations must be made 48 hours before the event.
*no charge for infants 18 mo. and younger

For more info, or to make a reservation
call the Crazy Wisdom Tea Room at 734.665.9468
or email our Tea Room Manager Lily
at lily@crazywisdom.net

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